

THE 7570. d. 1
ENGLISH PHYSITIAN
& ENLARGED; *Libris*

With Three Hundred, Sixty and Nine

Isaci MEDICINES, MADE OF *White*
English Herbs

Map. That were not in any Impression until this: *Col.*

BEING 1723

An Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a Man may preserve his Body in Health, or Cure himself, being Sick, for Three Pence Charge, with such things only, as grow in *England*, they being most fit for *English* Bodies.

Herein is also shewed these Seven Things, viz. 1. The way of Making Plaisters, Oyntments, Oyls, Pultrisses, Syrrups, Decoctions, Juleps or Waters, of all sorts of Physical Herbs, That you may have them ready for your use at all times of the year 2. What Planet governeth every Herb or Tree (used in Physick) that groweth in *England*. 3. The Time of gathering all Herbs, both vulgarly and Astrologically. 4. The Way of Drying and Keeping the Herbs all the Year. 5. The way of Keeping their Juices ready for use at all times. 6. The Way of Making and Keeping all kind of useful Compounds made of Herbs. 7. The Way of Mixing Medicines according to the Cause and Mixture of the Disease, and Part of the Body Afflicted.

By NICH. CULPEPER, Gent. Student in
Physick and Astrology.

L O N D O N,

Printed for Hannah Sawbridge, and are to be Sold by
Tho. Malthus at the Sun in the Poultry, 1683.

English

BEING



Printed for the

Author

An Alphabetical TABLE of all the HERBS and PLANTS in this Book; As also what PLANET governeth every one of them.

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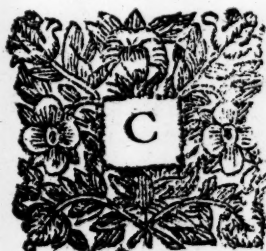
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FILE

THE
ENGLISH PHYSITIAN
ENLARGED.

Amara dulcis.



Considering divers Shires in this Nation give divers Names to one and the same Herb, and that common Names which it bears in one Countrey, is not known in another; I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name at first which is most common to my self. Besides Amara-dulcis, some call it morral, others

Bitter-sweet, some Woody-Nightshade, and other Felonwort.

Description.] It grows up with woody stalks even to a mans height, and sometimes higher. The leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish Bark, and hath a pith in the middle of it: The main branch brancheth it self into many small ones, with claspers, laying hold on what is next to them; as Vines do. It bears many leaves, they grow in no order at all, or at least-wise in no vulgar order: The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk. Some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple-colour, or of a perfect blew, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Suffex call Bitter-sweet, viz. sweet at first, and bitter afterwards.

Place.] They grow commonly almost throughout England, especially in moist and shady places.

Time.] The leaves shoot out about the latter end of March, if

The English Physician Enlarged.

the temperature of the Air be ordinary, it flowreth in *July*, and the seeds are ripe soon after, usually in the next month.

Government and Vertues.] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in the Head that is; and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang it about their Cattles neck when they fear any such evil hath betided them. Country people commonly use to take the berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

Felons.

Obstructions of the Liver and Spleen, difficulty of Breathing, Bruises, Falls, congealed Blood, Dropsie yellow and black Jaundice, Women after Delivery.

We have now shewed you the external use of the Herb, we shall speak a word or two of the internal, and so conclude. Take notice that it is a *Mercurial* Herb and therefore of very subtle parts, as indeed all *Mercurial* Planets are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the Pot-lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breath, bruises, and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropsie, and black Jaundice, and to cleanse Women newly brought in Bed. You may drink a quarter of a pint of the Infusion every morning. It purgeth the body very gently, and not churlishly as some hold: And when you find good by this, remember me.

They that think the use of these Medicines is too brief (it's so only for the cheapness of the Book) let them read those Books of mine, of the last Edition, viz. *Riverius*, *Veslingus*, *Riolanus*, *Fobassien*, *Sennertus*, and *Physick for the Poor*.

Alheal.

IT is called *Alheal*, *Hercules alheal*, and *Hercules Woundwort*, because it is supposed that *Hercules* learned the Herb and its vertues from *Chyron*, when he learned *Physick* of him. Some call it *Panay*, and others *Opopanewort*.

Description.] Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taste, the Leaves are great and large, and winged almost like *Ash-tree* Leaves, but that they are something Hairy, each Leaf consisting of five or six pair of such wings, set one against the other upon foot-stalks, broad below, but narrow towards the end, one of the leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh, green colour, the

are of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts, and some leaves thereat: towards the top come forth umbles of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

Place.] Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other herbs called by this name: but because they are stranger in England, I give only the Description of this which is easie to be had in the Gardens of divers.

Time.] Although Gerrard saith, That they flower from the beginning of May to the end of December, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter end of the Summer, and sheds its seeds presently after.

Government and Vertues] It is under the Dominion of Mars; hot, biting, and choleick: and remedies what evils Mars afflicts the Body of Man with by Sympathy, as Vipers-flesh attracts Poyson, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion, provokes Urine, and helps all Joynt-aches. *Worms, Gout,* It helps all cold griefs of the Head, the Vertigo, Falling-sickness, the Lethargy, the Wind-cholick. Obstructions of the Liver and Cramp, Spleen, Stone in the Kidneys and Bladder. It provokes the Terms, *Convulsion* expels the dead Birth: It is excellent good for the grief of the *provokes U-* Sinews, Itch, Sores and Tooth-ach, the biting of mad Dogs and *rin, Joynt-* Venomous Beasts, and purgeth Choler very gently. *aches, Ver-*
ting-sickness, Lethargy, Cholick, Obstructions of the Liver and Spleen, Stone, Terms provokes dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Choler.

Alkanet.

Besides the common name, it is called Ochanet, and Spanish Bugloss, and by Apothecaries Enchusa.

Description.] Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a reddish colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss which lie very thick upon the Ground: the stalks rise up compassed round about, thick with Leaves which are lesser and narrower than the former.

former, they are tender, and slender, the flowers are hollow, small, and of a redish colour.

Place.] It grows in Kent near Rochester, and in many places in the West Countrey, both in Devonshire and Cornwall.

Time.] They flower in July, and the beginning of August, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

Ulcers. Inflammations, Burnings. St. Anth. fire, Morphew, yell. Jaundice. Spleen Gravel, Venomous Beast, Flux, Worms, Mother, Back Bruises, Falls, small Pox, Meazles, Wounds. *Government and Vertues.*] It is an Herb under the Dominion of Venus, and indeed one of her Darlings, though something hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and St. Anthony's fire, by Antipathy to Mars: for these uses, your best way is to make it into an Ointment. Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morphew, Morphew and Leprosie; if you apply the herb to the Privities, it draws forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidneys, (*Dioscorides* saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly or applied to the Wound: nay, he saith further, If any one that hath newly eaten it, do but spit into the mouth of a Serpent, the Serpent instantly dies It stays the flux of the Belly: kills Worms, helps the fits of the Mother. Its decoction made in Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the small Pox and Measles as any is: an Ointment made of it, is excellent for green Wounds, Pricks or Thrushs.

Adders-Tongue, or Serpents-Tongue.

Descript.] **T**His small Herb hath but one leaf, which grows with the stalk a fingers length above the ground, being fat and of a fresh green colour, broad like water-Plantane, but less, without any middle Rib in it: from the bottom of which Leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable.) The Root continues all the year.

Place.] It grows in moist Meadows, and such like places.

Time.] And is to be found in April and May. for it quickly perisheth with a little heat.

Government and Vertues.] It is an Herb under the Dominion of the Moon and Cancer, and therefore if the weakness of the Retentive

tive Faculty be caused by any evil influence of *Saturn* in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after Specified in any part of the Body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juice of the Leaves drunk with the distilled Water of Horstail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with casting vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juice given in the distilled Water of Oaken-Buds, is very good for Women who have their usual Courses, or the Whites flowing down too abundantly: it helps sore Eyes. The leaves infused in Oyl, or boyled in Oyl Omphacine, or unripe Olives, set in the Sun for certain days, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not only for green and fresh Wounds but also for old and inveterate Ulcers, especially a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth all Inflammations that arise upon pains, by hurts or wounds.

What parts of the Body are under each Planet and Sign, and also what Diseases may be found in my Astrological Judgment of Diseases: and for the internal work of Nature in the Body of Man, as Vital, Animal, Natural and Procreative Spirit of Man; the Apprehension, Judgement, Memory: The external Senses, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues Attractive, Retentive, Digestive, Expulsive, &c. Under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year, 1651. In both which you shall find the Chaff of Authors blown away, by the same of Dr. *Raason*, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, to avoid blotting Paper with one thing many times, and also to ease your Purses in the price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of Preserving all Herbs either in Juice, Conserve, Oyl, Oyntment, or Plaister, Electuary, Pills or Treacles.

Agrimony.

Description.] **T**His hath divers long leaves (some greater, some smaller) set upon a stalk, all of them dented about the

The English Physician Enlarged.

the edges, green about, and grayish underneath, and a little hairy withal. Among which ariseth up usually but one strong, round, hairy, brown stalk, two or three foot high, with smaller Leaves set here and thereupon it. At the top whereof grow many small yellow flowers one above another in long spikes. After which come rough heads of seeds, hanging downwards, which will cleave to, and stick upon Garments, or any thing that shall rub again'st them. The knot is black, long, and somewhat woody, abiding many years, and shooting a fresh every Spring; which root, though small, hath a reasonable good scent.

Places.] It groweth upon Banks, near the sides of Hedges or Pales.

Time.] It flowreth in July and August, the seed being ripe shortly after.

Government and Vertues.] It is an Herb under Jupiter, and the Sign Cancer; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under Saturn, Mars and Mercury by Antipathy. If they happen in any part of the Body governed by Jupiter, or under the Signs Cancer, Sagittary or Pisces and therefore must needs be good for the Gout, either used outwardly in Oyl or Oyntment, or inwardly in an Electuary or Syrup, or concretioned Juyc; for which see the latter end of the Book.

Cleansing,
Drying,
Binding,
Liver,
Jaundice,
inward
Wounds, inward
ruin
ses, Bloody
and troubled
Urine,
Cholick,
Breast,
Cough Ter-
tian and
Quartan A-
gues, Bloody
flux, Can-
cers, Thorns
Splinters
and Nails
in the flesh
Members
out of joynt,
Impos-
sumes.

It is of a cleansing and cutting Faculty, without any manifest heat, moderately drying and binding. It openeth and cleanseth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruises Hurts, and other Distempers. The Decoction of the Herb made with Wine, and drunk, is good against the biting and stinging of Serpents, and helpsthem that have foul, troubled or bloody waters; and makes them piss clear speedily. It also helpeth the Cholick, cleanseth the Breast, and rideth away the Cough. A draught of the Decoction taken warm before the Fit first removes, and in time rideth away the Tertian or Quartan Agues. The Leaves and Seed taken in Wine, stays the Bloody Flux. Outwardly applied being stamped with old Swines grease, it helpeth old Sores, Cancers and inveterate Ulcers, and draweth forth Thorns, and Splinters of Wood, Nails, or any other such thing gotten into the Flesh. It helpeth to strengthen the Members that be out of Joynt: and being bruised and applied, or the Juyc dropped in; it helpeth foul and imposthumated Ears.

The distilled Water of the Herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is a most admirable Remedy for such whose Livers are annoyed either by heat or cold. The Liver is the former of Blood, and

and blood the nourisher of the body, and Agrimony a strengthener of the Liver.

I cannot stand to give you a reason in every Herb, why it cureth such Diseases, but if you please to peruse my Judgment in the Herb Wormwood, you shall find them there, and it will be well worth your while to consider it in every Herb, you shall find them true throughout the Book.

Water-Agrimony.

IT is called in some Countries Water-Hemp, Bastard-Hemp, and Bastard-Agrimony, Eupatorium, and Hepatorium, because it strengthens the Liver.

Descript.] The Root continues a long time, having many long, slender strings. The stalk grows up about two foot high, sometimes higher. They are of a dark Purple colour: the branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point. The Leaves are winged and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a Daffie; if you rub them between your fingers, they smell like a Rozin or Cedar when it is burnt. The seeds are long and easily stick to any Woollen thing they touch.

Place.] They delight not in heat, and therefore they are not so frequently found in the Southern parts of England as in the North where they grow frequently: you may look for them in cold Grounds, by Ponds and ditches sides, as also by running Waters, sometimes you shall find them grow in the midst of the Waters.

Time.] They all flower in July and August, and the seed is ripe presently after.

Government and vertues.] It is a plant of Fuiter as well as the other Agrimony, only this belongs to the Coelestial Sign Cancer. It healeth and dryeth, cutteth and cleanseth thick and tough humors of the Breast, and for this I hold it inferiour to the other, but few Herbs that grow. It helps the Cachexia or evil disposition of the Body, the Dropsie and yellow Jaundice, it opens Obstructions of the Liver, mollifies the hardness of the Spleen, being applied outwardly: it breaks imposthumes taken inwardly, it is an excellent Remedy for the third day Ague. It provokes Urine and the Terms, it kills Worms, and cleanseth the Body of sharp humors, which are the cause of itch, Scabs, the Herb being burnt, the Smoak thereof drives away Flies, Wasps, &c. Flies,

Cutteth,
Cleanseth
Breast, Cachexia,
Dropsie,
Yellow Jaundice,
Obstructions,
Liver, Spleen, Imposthume,
Terms provoked,
Worms, Itch, Scabs,
Wasps.

it strengthens the Lungs exceedingly. Countrey people give it to their Cattle when they are troubled with the Cough, or broken winded.

Alehoof, or Ground-Ivy.

Several Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many: It is called *Cats-foot*, *Ground-Ivy*, *Gill go ly ground*, and *Gill creep by ground*, *Tun-boof*, *Hay maids*, and *Alehoof*.

Description] *This well known Herb lieth, spreadeth, and creepeth upon the Ground, shooting forth Roots, at the corners of the tender joynted Stalks, set all along with two round Leaves at every joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewise with the Leaves towards the end of the branches, come forth hollow long Flowers, of a blewish purple colour with small white spots upon the lips that hang down. The Root is small with strings.*

Place.] It is commonly found under Hedges, and on the side of Ditches, under Houses, or in shadowed Lanes, and other waste Grounds in almost every part of the Land.

Time.] They flower somewhat early, and abide so a great while. the Leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

Inward
Wounds,
Pains, Gri-
ping, Wind,
Choler, Sto-
mach, Bel-
ly, Stopping
in the Liver
Gall,
Plague,
Poyson,
Gout, Scia-
tica, sore
Mouth and
Throat, Ul-
cers in the
Privities.

Government and Virtues.] It is an Herb of *Venus*, and therefore Cures the Diseases she causes by Sympathy, and those of *Mars* by Antipathy: you may usually find it all the year long except the year be extream frosty it is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular Herb for all inward Wounds, exulcerated Lungs, or other parts, either by it self, or boyled with other the like Herbs: and being drunk, in short time it easeth all griping pains, windy and cholerick humors in the Stomach Spleen or Belly; helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and Melancholy, by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague; it provoketh Urine, and Womens Courses: The Decoction of it in wine drunk for some time together, procureth ease unto them that are troubled with the *S. iatica* or *Hip-Gout*, as also the Gout in the Hands, Knees or Feet if you put to the Decoction some Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the privy parts of Man or Woman: It speedily helpeth green Wounds, being bruised
and

and bound thereunto: The Juyce of it boyled with a little Ho- *Itch, Scabs,*
 ey and Verdegreece, doth wonderfully cleanse Fikulaes, Ulcers, *Web in the*
 and stayeth the spreading or eating of Cancers and Ulcers; it *Eye redness*
 helpeth the Itch, Scabs, Wheals, and other breakings out in any *and water-*
 part of the Body. The Juyce of Celandine, Field-Daisies, and *ing of them,*
 round-Ivy Clarified, and a little fine Sugar dissolved therein, *Ulcers,*
 and dropped into the eyes, is a Sovereign Remedy for all Pains, *noise in the*
 edness, and Watering of them; as also for the Pin and Web, *Ears,*
 skins and Films growing over the sight; it helpeth Beasts as well *Deafness.*
 Men. The juyce dropped into the Ears doth wonderfully h lp
 e noise and ringing of them, and helpeth the hearing which is
 cayed. It is good to Tun up with new Drink, for it will so
 arife: it In a night, that it will be the fitter to be drunk the next
 orning; or if any Drink be thick with removing, or any other
 cident, it will do the like in a few hours.

Alexander.

It is also called Alisander, Horse-Parfly, and Wild-Parfly, and
 the black Pot-herb; the seed of it is that which is usually sold
 the Apothacaries Shops for *Macedonian Parfly-seed.*

[Description.] It is usually sown in all the Gardens in Europe. and so
 known, that it needs no farther description.

[Time.] They flower in June and July, the Seed is ripe in Au-
 g.

[Government and Vertues.] It is an Herb of Jupiter, and there-
 e friendly to Nature, for it warmeth a cold stomach, and open-
 stoppings of the Liver and Spleen; it is good to move Womens
 urfes, to expel the After-birth, to break Wind, to provoke U-
 e, and help the Strangury; and these things the seeds will do like-
 e: if either of them be boyled in Wine, or being bruised and
 en in Wine, is also effectual against the biting of Serpents. And
 v you know what *Alexander-Pottage* is good for, that you may
 longer eat it out of Ignorance, but out of knowledge.

*Obstru-
 tions of the
 Liver and
 Spleen.
 Provokes
 the Terms,
 Afterbirth,
 Wind, pro-
 vokes Urin,
 biting of
 Serpents.*

The Black Alder-Tree.

[Description.] **T**his Tree seldom groweth to any great bigness,
 but for the most part abideth like a Hedge-
 o, or Tree spreading into Branches, the Wood of the body be-
 white, and a dark red Cole, or Heart; the outward Bark is
 of

of a blackish colour with many whitish spots therein: but the inner bark next unto the wood is yellow, which being chewed, will turn the Spittle near unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dog-berry tree, called in Suffex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joyns which turn into small round Berries, first green, afterwards red, but black when they are through ripe, divided as it were into two parts, where in is contained two small, round, and flat seeds. The Root runneth not deep into the Ground, but spreads rather under the upper crust of the Earth.

Place.] This Tree or Shrub may be found plentifully in Saint John's Wood by Hornsey, and in the Woods upon Hampstead Heath, as also a Wood called the Old Park in Barcomb in Essex near the Brooks side.

Time.] It flowreth in May, and the Berries are ripe in September.

Government and Vertues.] It is a Tree of Venus, and perhaps under the Coelestial Sign Cancer. The inner yellow Bark here purgeth downwards both Choler and Flegm, and the watry humors of such as have the Dropfie, and strengtheneth the inward parts again by binding. If the Bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smallage, Endive and Succory-roots, and a reasonable draught taken every morning for sometime together. It is very effectual against Jaundice, Dropfie, and the evil disposition of the Body: especially if some suitable purging Medicine have been taken before, to avoid the grosser Excrements: It purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humors and hardness as they are afflicted with. It is to be understood that the things are performed by the dried Bark, for the fresh green Bark taken inwardly, provoketh strong Vomiting, pains in the Stomach, and griplings in the Belly. Yet if the Decoction may stand and settle two or three days until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outward Bark contrariwise doth bind the Body and is helpful for all Lasks and Fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark thereof boyled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Tooth-ach, Scabs by drying them up in a short time. It is singular good wash the Teeth, to take away the pains to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good fodder for Kine to make them give more Milk.

Choler,
Flegm.

Jaundice
Dropfie,
Cachexia
Liver,
Spleen.

Stomach,
weak Ap-
petite lost
Flux, Lice,
Itch, Scabs,
Tooth-ach,
Teeth loose.

If in the Spring time you use the Herbs before mentioned, and will but take a handful to each of them, and of them add a handful of Elder-buds and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, and this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent Purge for the Spring, to consume the flegmatick quality the Winter hath left behind it, and withal keep your Body in health, and consume those evil humors which the heat of Summer will readily stir up: esteem it as a Jewel.

The common Alder-Tree.

Descript.] **G**roweth to a reasonable height, and spreads much, if it likes the place. It is so generally well known unto Country People, that I conceive it needless to tell them that which is no News.

Place and time.] It delighteth to grow in moist Woods, and watry places; flowering in April or May, and yielding ripe seed in September.

Government and Use.] It is a Tree under the Dominion of Venus, and of some watry Sign or other, I suppose Pisces, and therefore the Decoction or distilled Water of the Leaves, is excellent against Burnings, and Inflammations, either with V Vounds or without, to bath the place grieved with, and especially for that Inflammation in the Bteast, which the Vulgar call an Ague. Burnings,
Inflammations.

If you cannot get the Leaves, (as in V Vinter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder-tree, are cooling, drying, and binding. The fresh Leaves laid upon Swellings dissolve them, and slay the Inflammations. The Leaves put under the bare Feet galled with Travelling, are a great refreshing to them. The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out; will rid the Chamber of those troublesome Bedfellows. Coolings,
Drying,
Swellings.
Fleas.

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose it altogether needless: yet for its Vertues it is of admirable use.

In times of Heathenism, when Men had found out any excellent Herb, &c. they Dedicated it to their Gods: as the Bay-Tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules. These the Papists following as the Patriarch, they Dedicate them to their Saints; as our Ladies Thistle to the Blessed

Blessed Virgin, St. John's-Wort to St. John, and another Wort to St. Peter, &c. Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call *Pansies* or *Hearts-ease*, and *Herb of the Trinity*, because it is of three colours: and a certain Ointment, an *Ointment of the Apostles*, because it consists of twelve Ingredients: Alas I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already: ☉ Why must ours be blasphemous, because the Heathens and Papists were Idolatrous? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this an Herb of the *Holy-Ghost*; others more moderate called it *Angelica*, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so near as their Dialect will permit.

*Poyson,
Pestilence,
Epidemi-
cal Disea-
ses.*

*Cold, Wind,
Pleurisie,
Cough,
Lungs,
Breast,
Strangury,
Shortness of
Breath, Co-
lick, pro-
vokes the
Terms, Af-
ter-birth.*

Government and Vertues.] It is an Herb of the *Sun in Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular, observe the like in gathering the Herbs of other Planets, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists Poyson, by defending and comforting the Heart. Blood, and Spirits; it doth the like against the Plague and all Epidemical Diseases; if the Root be taken in powder to the weight of half a dram at a time, with some good Triacle in Carduus-water, and the party thereupon laid to sweat in his Bed; If [Triacle be not to be had, take it alone in Carduus, or Angelica-water. The Stalks or Roots Candied and eaten fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glass, is much more effectual than the Water of the Leaves, and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Pthiick, and Shortness of Breath, and a Syrup of the Stalks doth the like. It helps pains of the Cholick, the Strangury, and stopping of the Urine, procureth *Womens Courses*, and expelleth the After-birth, open-

openeth the stoppings of the Liver and Spleen, and briefly easeth
and discusseth all windinesse and inwardswelling. The Decoction
drunk before the fit of an Ague, that they may sweat (if possible)
before the fit come, will in two or three times taking, rid it quite
away: it helps digestion, and is a remedy for a surfeit. The Jayce
or the Water being dropped into the Eyes or Ears, helps dimness
of Sight and Deafness: The Juyce put into the hollow Teeth, easeth
their pains. The Roots in Powder made up into a Plaister with a
little Pitch, and laid on the biting of mad Dogs, or any other Veno-
mous Creature, doth wonderfully help. The Juyce or the Water
dropped or Tents wet therein, and put into old filthy deep Ulcers,
or the Powder of the Root (in want of either) doth cleanse and
cause them to heal quickly, by covering the naked bones with
flesh: The distilled Water applied to places pained with the
Gout or Sciatica, doth give a great deal of ease.

The wild Angelica is not so effectual as the Garden, although
it may be safely used to all the purposes aforesaid.

Stoppings
of the Li-
ver and
Spleen.
Indigestion,
Surfeits.
Tooth-ach.
Bittings of
Mad Dogs.
Ulcers.
Gout.
Sciatica.

Amaranthus.

Besides this common name, by which it is best known by the
Florists of our days, it is also called Flower-Gentle, Flow-
er-Velure, Floramor, and Verver-Flower.

[Descript.] It being a Garden Flower, and well known to every one
that keep of it, I might forbear the Description, yet notwithstanding,
because some desire it, I shall give it: It runneth up with a stalk a cu-
bit high, straked, and somewhat reddish toward the Root, but very
smooth, divided towards the top with small branches, among which
stand long broad leaves of a reddish green colour, slippery: The flowers
are not properly flowers, but tufts, very beautiful to behold, but of no
smell, of reddish colour; if you bruise them, they yield juyce of the same
colour; being gathered, they keep their beauty a long time; the seed is
of a shining black colour.

[Time.] They continue in flower from August till the time the
Frost nip them.

[Government and Vertues.] It is under the Dominion of Saturn,
and is an excellent qualifier of the Urruly Actions and Passions
of Venus, though Mars also should Joyn with her. The
Flowers dried and beaten into Powder, stop the Terms in Wo-
men, and so do almost all other red things. And by the Icon,
or Image of every Herb, the Ancients at first found out their
Vertues: Modern Writers they laugh at them for it; but I
wonder in my Heart, how the Vertues of Herbs came at first to
be known, if not by their Signatures: The Modern have them
from the Writings of the Ancients; the Ancients had no Writ-
ings

Flux, tings to have them from: but to proceed. The Flowers stop all
Bleeding, Fluxes of Blood, whether in man or woman, bleeding either at
Whites, the Nose or Wound. There is also a sort of *Amaranthus* which
Running of bears a white Flower which stops the Whites in Women, and the
the Reins, Running of the Reins in Men, and is a most gallant Antivenerian
French Pox. and a singular Remedy for the French Pox.

Anemone.

Called also Wind flower, because they say the flowers never
 open but when the Wind bloweth. *Pliny* is my Author
 if it be not so, blame him. The seed also (if it bears any at all)
 flies away with the Wind.

Place and Time.] They are sown usually in the Gardens of the
 Curious, and Flowers in the Spring time. As for Description
 I shall pass it, being well known to all those that sow them.

Government and Vertues.] It is under the Dominion of *Mars*, being
 supposed to be a kind of Crow-foot. The Leaves provoke the
Terms pro- Terms mightily being boyled and the Decoction drunk. The B
wokes. being bathed with the Decoction of them, Cures the Leprosie. The
Head purg- Leaves being stamped, and the Juyce snuffed up in the Nose, purg
eth. eth the Head mightily, so doth the Root being chew'd in the Mouth
 for it procureth much spitting, and brigeth away many watry and
Lethargy. flegmatick humors, and is therefore excellent for the Lethargy: and
 when all is done, let Physitians prate what they please, all the Pills
 in the *Dispensatory* purge not the Head like to hot things held in the
 Mouth. Being made into an Oyntment, and the Eye-lids anointed
Eyes infla- with it, it helps Inflammations of the Eyes, whereby it is palpable
med, Ulcers that every stronger draweth it's weaker like. The same Oynt
 ment is excellent good to cleanse malignant and corroding Ul
 cers.

Garden Arrach.

Called also Orach, and Arage.

Descrip.] It is so commonly known to every House-wife, that
 were but labour lost to describe it.

Time.] It flowreth and seedeth from *June* to the end of *August*
Government and Vertues. It is under the Government of the
Moon; in quality cold and moist like unto *Fer*. It softneth and
 loosneth the body of man being eaten, and fortifieth the expul
 sive faculty in him. The herb, whether it be bruised and applied
 to the Throat, or boyled, and in like manner applied, it mat
 ters not much, it is excellent good for swellings in the Throat
 the best way. I suppose, is to boyl it, and having drunk the De
 coction inwardly, apply the Herb outwardly: the Decoction of
 it besides, is an excellent Remedy for the yellow Jaundice.

Arrach, wild and stinking.

Called also *Vulvaria*, from that part of the Body upon which the Operation is most; also Dogs-Arrach, Goats-Arrach, and stinking Mother-wort.

Descript.] This hath small, and almost round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

Place.] It grows usually upon Dunghills.

Time.] They flower in June and July, and their seed is ripe quickly after.

Government and Vertues.] Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is no better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the Domition of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dung-hill. The works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the College of Physicians that are so dear and scarce to find.) I commend it for an Universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily Cure any Disease thereof, as the Fits of the Mother, Dislocation, or falling out thereof: it cools the Womb being over-heated. And let me tell you this, and I will tell you the Truth Heat of the Womb is one of the greatest causes of hard Labour in Child-birth. It makes Barren Women fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly: it provokes the Terms if they be stopped, and stops them if they flow immoderately: you can desire no good to your Womb but this Herb will effect it, therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juice of this Herb and Sugar, (or Honey if it be so cleanse the Womb) and let such as be rich keep it for their poor neighbour, and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another day, when the Lord shall come to make Inquisition of Blood.

Arch-angel.

TO put a gloss upon their Practice, the Physicians call an Herb (which Country People vulgarly know by the name of Dead-Nettle) Arch-angel, whether they favour of more Superstition or Folly

Folly, I leave to the judicious Reader. There is more curiosity than courtesie to my Country-men used by others in the explanation as well of the Names: as Description of this so well known Herb: which that I may not also be guilty of, take this short Description, first of the red Arch-angel.

Description.] This hath divers square stalks somewhat hairy, at the joynts whereof grow two sad green Leaves dented about the edges, opposite to one another, to the lowermost upon long foot-stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy: round about the upper joynts, where the Leaves grow thick, are sundry gaping flowers of a pale reddish colour, after which come the seeds three or four in a Husk. The root is small and thriddy, perishing every year: the whole Plant hath a strong scent, but not stinking.

White Arch-angel hath divers square stalks, none standing straight upright, but bending downward, whereon stand two Leaves at a joynt larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle-Leaves, but not stinging, yet hairy. At the joynts with the Leaves stand larger and more open gaping white flowers, in Husks round about the stalks, but not with such a bush of Leaves, as flowers set in the top, as is on the other wherein stand small roundish black Seeds; The Root is white, with many strings at it, not growing downward, but lying under the upper crust of the Earth, and abideth many years increaling: This hath not so strong a scent as the former.

Yellow Arch-angel is like the white in the stalks and leaves, but that the stalks are more straight and upright, and the joynts with leaves are further asunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, only they creep not so much under the ground.

Place.] They grow almost every where (unless it be in the middle of the Street) the yellow most usually in the wet grounds of Woods, and sometimes in the dryer, in divers Counties of this nation.

Time.] They flower from the begining of the Spring all the Summer long.

Vertues and Use.] The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success for the stopping and hardness of the Spleen, than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaster, or the Decoction with Spunges. The flowers of the white Arch-angel are preserved, or conserved to be used to stay the Whites, and the Flowers of the

Spleen.

Whites.

Red to stay the Reas in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good against Quartan Agues, stancheth bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck the Herb also bruised and with some Salt and Vinegar, and Hogs grease laid upon any hard Tumour or Swelling, or that which is vulgarly called the Kings-Evil, do help to dissolve or discuss them, and being in like manner applied, doth much allay the paines, and give ease to the Gout, Sciatica, and other pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers, also to stay their fretting, gnawing and spreading. It draweth forth Splinters and such like things gotten into the Flesh, and is very good against B. ulcers and Burnings. But the yellow Archangel is most commended for old, filthy corrupt Sores and Ulcers, yea although they grow to be hollow; and to dissolve Tumours. The cheif use of them is for Women it being an Herb of Venus, and may be found in my Guide for Women.

Malancholy, Quartan Agues, Bleeding at Nose, Swellings, Kings Evil Gout, Sciatica, Joynts, Ulcers old Sores, Bruises, Burnings.

Arf-smart.

THe hot Arf-smart is called also Water-Pepper, Culrage. The mild Arf-smart is called dead Arf-smart, Pocataria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree: it is also called Plumabago.

Description of the mild.] This hath broad leaves set at the great red joynts of the stalks; with semi-circular blackish marks on them usually, yet sometimes without. The flowers grow in long spikes usually, either blewish or whitish with such like seed following. The Root is long, with many strings thereat, perishing yearly: this hath no sharp taste (as another sort hath, which is quick and biting) but rather sour like Sorrel, or else a little drying, or without taste.

Place.] It grows in watry Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time.] It flowereth in June and the seed is ripe in August.

Government and Vertue.] As the Vertue of both these are various, so are also their Government: for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeeth the other, as appears by that Leaden colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for purified Ulcers in man or Beast, to kill Wormes, and cleanse the putrified places. The Juice thereof dropped in, or otherwise applyed consumeth all cold Swellings, and dissolveth the congealed blood of bruises by strokes fall, &c. A peice of the Root, or some of the Seed bruised and held to an aking tooth taketh away the pain. The Leaves bruised and laid to the Joynt that hath a Felon there-

Ulcers, cold Swellings, Bruised, congealed Blood, Tooth ach, Felons, or Ardicoms.

*Worms in the Ears, Fleas,
tyred Horses, Imposthums,
Inflamations, Wounds.*

on taketh it away. The Juyce destroyeth Worms in the Ears being dropped into them: if the hot Arf-smart be strewed in a Chamber, it will soon kill all the fleas; and the Herb or Juyce of the cold Arf-smart, put to a Horse or other Catrels Sores, will drive away the Fly in the hottest time of summer: a good handful of the hot biting Arf-smart put under a Horses Saddle, will make him Travel the better although he were half tyred before. The mild Arf-smart is good against all Imposthumes and Inflamations at the beginning, and to heal green Wounds.

All Authors chop the vertues of both sorts of Arf-smart together, as men chop Herbs to the pot, when both of them are of clean contrary qualities. The hot Arf-smart groweth not so high or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldome or never spotted, in other particulars it is like the former, but may easily be known from it if you will be but pleased to break a leafe of it cross your Tongue, for the hot will make your Tongue to smart so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broder leaves: and our College of Physicians out of the learned Care of the publick good, *Anglice* their own gain, mistakes the one for the other in their *New Master-peice*, whereby they discover, 1. Their Ignorance. 1. Their Carelessness, and he that hath but half an Eye, may see their Pride without a pair of Spectacles. I have done what I could to distinguish them in the Vertues. and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason nor his Brother Dr. Experience, concerning either of them both.

Afarabacca.

Descript.] A Sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own foot-stalk, which are rounder and bigger than Violet-leaves, thicker also and of a dark green shining colour on the upper side, and of a pale yellow green underneath, little or nothing dented about the edges, from among which rise small, round, hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like Cups or Heads of the Henbane-seed, but that they are smaller: and these be all the flowers it carrieth; which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, rough seeds, very like the Kernels or Stones of Graps or raisines. The Roots are small and whitish, spreading divers wayes in the ground, and increasing into divers Heads: but not running or creeping under the ground, as some other creeping Herbs do. They are somewhat sweet in smell, resembling Nardus, but more when they are dry, than green: and of a sharp, but not unpleasant taste.

Place.] It groweth frequently in Gardens.

Time.] They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seeds about Mid-summer, or somewhat after.

Government and Vertues.] 'Tis a plant under the Domini on of Mars, and therefore inimical to Nature. This Herb being drunk, not only provoketh Vomiting, but purgeth downward, and by Urine also, purgeth both Choler and Flegm: if you add to it some Spicknard, with the Whey of Goats-Milk, or honyed Water, it is made more strong but it purgeth Flegm more manifestly than Choler, and therefore doth much help pains in the Hips and other parts: It being boyled in Whey, wonderfully helpeth the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice, being steeped in Wine and drunk: It helps those continual Agues that come by the plenty of stubborn humours: an Oyl made thereof by setting in the Sun with some *Ludanum* added to it, provoketh Sweating (the ridge of the Back being anointed therewith) and thereby driveth away the shattering fits of the Ague. It will not abide any long boyling, for it looseth its chiefest strength thereby, nor much beating, for the finer Powder doth provoke Vomits and Urine, and the coarser purgeth downwards.

The common use hereof, is to take the Juyc of five or seven leaves in a little drink to cause Vomiting: the Roots have also the same Vertue, though they do not operate so forcibly: yet they are very effectual against the biting of Serpents, and therefore are put as an Ingredient both into *Methridate* & *Venice-Triacle*. *Serpents, Head, Memory.* The Leaves and Roots being boyled in Lie, and the Head often washed therewith while it is warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

I shall desire ignorant people to forbear the use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cankers, or old putrid Ucers or Fistulaes upon their Bodies to take a dram of them in Powder in a quarter of a pint of white Wine in the Morning. The truth is, I fancy purging and vomiting Medicines as little as any man breaching doth, for they weaken Nature, nor shall ever advise them to be used unless upon urgent necessity. If a Physician be Natures Servant, it is his duty to strengthen his Mistress as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Description.] **I**T riseth up at first with divers white green scaly Heads, very brittle or easie to break while they are young, which afterward rise up in very long and slender green stalks, of the bigness of an ordinary riding wand: at the bottom of most, or bigger or lesser, as the Roots are of growth: on which are set divers branches of green Leaves, shorter and smaller then Fennel to the top: at the joints whereof come forth small moist yellowish flowers, which turn into round Berries, green at the first, and of an excellent red colour when they are ripe, shewing like heads of Coral, wherein are contained exceeding hard black Seeds. The Roots are dispersed from a spongy Head into many long, thick, and round strings, whereby it sucketh much nourishment out of the ground, and encreaseth plentifully thereby.

Prickly Asparagus, or Sperage.

Description.] It groweth usually in Gardens. and some of it grows wild in Appleton-Medow in Gloucester-shire, where the poor people do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time.] They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

Government and Vertues.] They are both under the Dominion of Jupiter, The young Buds or Branches boyled in one ordinary Bath, maketh the Belly soluble and open, and boyled in white Wine, provoketh Urin, being stopped, and is good against the Strangury or difficulty of making water; it expelleth the Gravel and Stone

our of the Kidneys, and helpeth pains in the Reins. And boyled in white Wine or Vinegar, it is prevalent for them that have their Arteries loosned, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boyled in Wine and taken in good to clear the Sight, and being held in the Mouth easeth Tooth-ach: and being taken fasting several mornings together, stirreth up bodily Lust in Man or Woman (whatsoever some hath written to the contrary.) The Garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the aforementioned Disease. The Decoction of the Roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in the same, or setting therein as a Bath hath been

Reins, Bladder, Mother, found effectual against pains of the Reins and Bladder, pains of the Mother, and Cholick, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed Sinews, or those that are thrusk by the Cramps and Convulsions, and helpeth the Sciatica.

Ash-Tree.

This is so well known, that time will be mis-spent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

Government and Vertues.] It is governed by the Sun, and the young tender tops with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of the Viper, Adder,

Adder and Vipers biting, or any other venomous Beast, and the water distilled therefrom being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropisie, or to abate the greatness of those who are too gross or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone, and expellit, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Lye, and those Heads bathed therewith which are Leprous, Scabby or Scald, they are thereby Cured. The Kernels within the Husks commonly called Ashen-Keys, prevaleth against Stitches and Pains in the Sides proceeding of Wind, and voideth away the Stone by provoking Urins.

I can justly except against none of all this, save only the first, viz. That Ash tree Tops and Leaves are good against the biting of Serpents and Vipers. I suppose this had its rise from Gerard or Pliny, both which hold. That there is such an Antipathy between an Adder and an Ash-tree that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the Fire than through the Leaves: the contrary to which is the truth as both my Eyes are witness. The rest are Vertues something likely, only if it be in Winter when you cannot get the Leaves, you may safely use the Bark in lead of them. The Keys you may easily keep all the year gathering them when they are ripe.

Avens, called also Colewort, and Herb Bonet.

Description.] *THE* ordinary *Avens* hath many long, rough, dark, green mottled leaves rising from the Root, every one made of many Leaves set on each side of the middle Rib, the largest three whereof grow at the end, and are snip'd or dented round about the edges: the other bring small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy stalks about two foot high, branching forth with Leaves at every joint, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more. On the tops of the branches stand small, pale yellow flowers, consisting of five leaves, like the flowers of Cinquefoyl, but large, in the middle whereof standeth a small green Herb, which when the flower is fallen, groweth to be rough and round, being made of many long greenish purple seeds (like grains) which will stick upon your Cloaths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and dryer grounds, and in the freer and clear Air.

Place.] They grow wild in many places under Hedge-sides, and by the Pathways in fields: yet they rather delight to grow in shadowy than sunny places.

Time.] They flower in May and June for the most part, and their Seed is ripe in July at the furthest.

Government and Vertues.] It is governed by Jupiter, and that gives hopes of a wholesome healthful Herb. It is good for the Diseases of the Chest or Breast, for Pains or Stitches in the Sides, and to expel crude and raw humors from the Belly and Stomach by the sweet savor and warming quality. It dissolveth the inward congealed blood hapning by falls or bruises, and the spitting of blood if the Roots either green or dry, being boyled in Wine and drunk, as also all manner of inward Wounds or outward, if they be washed or bathed therewith. The decoction also being drunk, comforteth the Heart, and strengtheneth the Stomach, and a cold Brain, and therefore is good in the Spring-time to open Obstructions of the Liver and helpeth

Breast, Stitches, Wind, Belly, Stomach, inward Wounds, Heart, cold Brain, Obstructions, Colick, Fluxes, Ruptures, Spots and Marks in the Face, Plague, Poyson, Indigestion.

helpeth the Wind-Cholick: it also helps those that have Fluxes or are Bursten, or have a Rupture: it taketh away Spots or Marks in the Face, being washed therewith. The Joyce of the fresh Root or Powder of the dried Root hath the same effect with the Decoction. The Root in the Spring-time steeped in Wine, doth give it a delicate savour and taste, and being drunk fasting every morning comforteth the Heart, and is a good preservative against the Plague, or any other Poyson. It helpeth digestion, and warmeth a cold Stomach, and openeth Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed; and is very fit to be kept in every bodie's house.

Balm.

THis Herb is so well known to be an Inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the Vertues thereof which are many, may not be omitted.

Governm. nt and Vertues.] It is an Herb of *Jupiter*, and under *Cancer* and strengthens Nature much in all his actions. Let a Syrup made with the Joyce of it and Sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewomans house, to relieve the weak Stomachs, and sick Bodies of their poor sickly Neighbours, as also the Herb kept dry in the house that so with other convenient Simples, you may make it into an Electuary with Honey according as the Disease is, as you shall be taught at the latter end of my Book, though the *Greeks* thought it not worth mentioning.

Mind, Heart, Fainting, Swoonings, Melancholy, Indigestion Obstruction of the Brain, Heart, Arteries, venomous Beasts, mad Dogs, Terms provokes, Tooth-ach, bloody-Flux, Mushrooms, difficulty of Breathing, Gout, Liver, Spleen.

Serapio saith, It causeth the Mind & Heart to become merry, and reviveth the Heart, fainting in Swoonings, especially of such who are overtaken in Sleep, and driveth a way all troublesome cares and thoughts out of the mind arising from Melancholy, or black Choler; which *Avicenna* also confirmeth. It is very good to help digestion, and open Obstructions of the Brain: and hath so much purging quality in it (saith *Avicenna*) as to expel those melancholy vapors from the Spirits and Blood which are in the Heart, and Arteries, although it cannot do so in other parts of

the Body. *Dioscorides* saith, That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy against the Sting of a Scorpion, and the biting of Mad Dogs; and commendeth the Decoction thereof for Women to bath or sit in to procure their Courses; it is good to wash aking Teeth therewith, and profitable for those that have the Bloody-flux. The Leaves also with a little Nitre taken in drink, are good against a surfeit of Mushrooms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their Breath: used with Salt, it takes away Wens, Kernels or hard Swellings in the Flesh or Throat: it cleanseth foul Sores, and easeth pains of the Gout. It is good for the Liver and Spleen,

Spleen. A Tansie or Caudel made with Eggs, and Juyce thereof while it is young, putting to it some Sugar and Rose-water, is good for a Women in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon or in their sore Travel. The Herb bruised and boyled in a little Wine and Oyl, and lain warm on a Boyl will ripen and break it.

Barbery.

THe Shrub is so well known by every Boy and Girl that hath but atained to the age of seven years, that it needs no Description.

Government and Vertues.] Mars owns the Shrub and presents it to the use of my Country-men to purge their bodies of Choler.

The inner Rind of the Barbery-tree boyled in white Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the Body of Colerick humours, and free it from such Diseases as Choler causeth such be Scabs Itch, Tettors, Ring-worms yellow Jaundice, Boyles &c. It is excellent for hot Agues, Burnings, Scaldings, heat of the Blood, heat of the Liver, Bloody-flux: for the Berries are as good as the Bark, and more pleasing they get a man a good Stomach to his Victuals, by strengthening the attractive faculty, which is under Mars, as you may see more at large in the latter end of my *Ephemeris* for the Year 1651. The Hair washed with the Lye made of the Ashes of the Tree and water, 'twill make it turn yellow, viz. of Mars his own colour. The Fruit and Rind of the Shrub, the Flowers, of Broom and of Heath, or Furz, cleanse the Body of Choler by Sympathy as they Flowers leaves and Bark of the Peach-tree do by Antipathy: because these are under Mars, that under Venus.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The vertues whereof rake as followeth.

Government and Vertues.] It is a notable plant of Saturn, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barley-bread is so unwholsome for Melancholy people Barley in all the parts and compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing, and all the preparations thereof, as Barley water, and other things made thereof do give great

nourishment to persons trouhled with Feavers, Agues, and Heats in the Stomach. A Pukis made of Barley-meal or Flower boyled in Vinegar and Honey and a few dry Figs put into them dissolveth all hard Imposthumes, and asswageth Inflammations bying thereto applied. And being boyled with Mallilot and Camomile-flowers, and some Linseed, Fennigreek

Feavers, Agues Stomach, Apoplexies, Inflammations, Spleen.

and Rue in powder, and applyed warm it easeth pains in side and Stomach and windiness of the Spleen. The Meal of Barley and Flea-wort boyled in water, and made into a pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and such like: and a plaister made thereof with Tar, Wax and Oyl, helpeth the Kings-Evil in the Throat: boyled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie: being boiled in red Wine with romgranate Rinds and Mirtles, stayeth the Lask or other Flux of the Belly: boiled with Vinegar and a Quince, it easeth the pains of the Gout. Barley-flower, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The water distilled from the green Barley in the end of May, is very good for those that have Defluxions of humours fallen into their Eyes, and easeth the paines being dropped into them, or white Bread steeped therein, and bound on to the Eyes, doth the same.

Garden Bazil or Sweet Bazil.

D. script.] **T**he greater or ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little sniped about the edges, and of a strong heady scent. The flowers are small and white, standing at the tops of the branches, with two small leaves at the joints, in some places green, in others brown after which come black seed. The Root perissheth at the approach of Winter, and therefore must be new sown every year.

Plac.] It only groweth in Gardens.

Time.] It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

Goverment and Vertues.] This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers *Gallen* and *Discordes* hold it not fitting to be taken inwardly: and *Crysippus* rails at it with downright Billings gate Rheorick. *Pliny* and the Arabian Physicians defend it.

For mine own part I presently found that Speech true;

Non nostrum inter nos tantas componere lites.

And away to Dr. *Reason* went I, who told me it was an Herb of *Mars*, and under the scorpion and perhaps therefore called *Basilicon*, and then no marvel if it carry a kind of virulent quality with it. Being applyed to the place bitten by a venomous Beast or stung by a Wasp or Hornet, it speedily draws the poyson to it: Every like draws his like. *Mizaldus* affirms, That it being laid to rot in Horse-dung, it will Breed venomous Beasts. And *Hullerius* a French physitian, affirms upon his own knowledge, That an acquaintance of his by common smelling to it, had a Scorpion bred in his Brain. Something is the matter this Herb and Rue will not grow together no, nor near one another: and we know Rue is as great an enemy to Poyson, as any grows.

To conclude: It expelleth both Birth and After-birth: and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay-Tree.

THis is so well known, that it needs no Description; I shall therefore only write the Vertues thereof, which are many.

Governm^{nt} and Vertues.] I shall but only add a word or two to what my Friend hath written, viz. That it is a Tree of the *Sun*, and under the Celestial Sign *Leo*, and resisteth Witchcraft. Witchcraft very potently, as also all the evils old *Satan* can do to the body of Man, and they are not a few; for it is the speech of one, and I am mistaken if it were not *Mizaldus*, that neither Witch nor Devil. Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. *Galien* saith, that the Leaves or Bark do dry and heal very much, and the Berries more then the Leaves. The Bark of the Root is less sharp and hot, but more bitter, and hath some affriction withal, where-by it is effectual to break the Stone, and good to open Obstructions of the Liver, Spleen, and other inward parts, which bring the Dropsie, Jaundice, &c. The Berries are very effectual against all Poyson of venomous Creatures, and the Kings of Wasps, and Bees, as also against the Pestilence, or other infectious Diseases, and therefore is put into sundry Triacles for that purpose: they likewise procure Womens Courses; and seven of them given to a Woman in sore Travel of Child-birth, do cause a speedy delivery, and expel the After-birth, and therefore not to be taken by such as have not gone out their time, lest they procure Abortment, or cause Labour too soon: they wonderfully help all cold and rheumatick Distillations from the Braia to the Eyes, Lungs or other parts. And being made into an Electuary with Honey do help the Consumption, old Coughs, shortness of Breath and thin Rheums; as also the Megrim: they mightily expel Wind, and provoke Urine; help the Mother, and kill the Worms: The Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in, that are troubled with the Mother, or the Diseases thereof, or the stoppings of their Courses, or for the Diseases of the Bladder, pains in the Bowels, by wind and stopping of Urine. A Decoction likewise of equal parts of Bay-berries, Cammin-seed, Hyssop Origanium, and Euphorbium, with some Honey, and the Head bathed therewith doth wonderfully help Distillations and Rheums, and setteth the Palate of the Mouth in its place. The Oyl made of the Berries is very comfortable in all cold griefs of the Joynts, Nerver, Arteries, Stomach Belly, or Womb, and helpeth Palsies, Convulsions, Cramps, Aches, Tremblings and numbness in any

any part weariness also, and pains that come by sore travelling : All griefs and pains proceeding from Wind, either in the Stomack, Belly, Womb, Head, Stomach, Back, Belly or Womb, by anointing the parts affected therewith : And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving in the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away the marks of the Skin and Flesh by bruises, falls, &c. and dissolveth the congealed blood in them. It helpeth also the Itch, Scabs and Wheal, in the Skin.

Beans.

Both the Garden and Field Beans are so well known, that it saveth me labour of writing any Description of them. Their Vertues follow.

Governement and Vertues.] They are Plants of *Venus*; and the distilled Water of the Flower of Garden Beans, is good to cleanse

Stops Stone, Difury, Inflammations, Womens Breasts, Felons or Andiccons, Boils, Bruises, Ears, Eyes, Leeches, Cods swellings, Flux, Pain, Sinews, Sciatica, Gout.

the Face and Skin from Spots and Wrinkles, and the Meal or Flower of them or the small Beans, doth the same. The Water distilled from the green Husks, is held to be very effectual against the Stone, and to provoke Urine. Bean-flower is used in Pultisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts caused by the curdling of their Milk, and represseth their Milk : The Flower of Beans and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruises, or blew marks by Blows, or the Imposthumes in the Kernels of the Ears, helpeth them all : And with Rose-leaves, Frankincence, and the white of an Egg being applied to the Eyes, helpeth them that are swollen, or do water, or have received any blow upon them, if used with Wine. If a Bean be parted in two, the Skin being taken away and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean-flower boyled to a Pultis with Wine and Vinegar, and some Oyl put thereto, ceaseth both pain and swelling of the Cods. The Husks boyled in water to a consumption of a third part thereof, stayeth a Lask : And the ashes of the Husks made up with old Hogs-grease, helpeth the old Pains, Contusions and Wounds of the Sinews, the Sciatica and Gout. The Field-beans have all the aforementioned Vertues as the Garden-beans.

Beans eaten are extreme windy meat; but if after the *Dutch* fashion, when they are half boyled you husk them, and then stew them (I cannot tell you how, for I never was Cook in all my life) they are wholsomer Food.

Beans.

Description.] **T**His French or Kidney-Bean, ariseth up at first but with one stalk, which afterwards divideth it self into many arms.

or Branches, but also weak, that if they be not sustained with sticks, or poles, they will lie fruitless upon the ground: At several places of these Branches grow forth long foot stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers Flowers made like unto Pease-Blossoms, of the same colour for the most part that the Fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Cods, some crooked, some strait, with a string as it were running down the back thereof, wherein are contained flutish round Fruit made to the fashion of a Kidney: the Root is long, spreadeth, with many strings annexed to it every year.

There is another sort of French Beans commonly growing with us in this Land, which is called the *Scarlet flowered Bean*.

This riseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining but turning contrary to the Sun, having foot-stalks with three Leaves on each, as on the other: The flowers also are in fashion like the other: but many more set together, and of a most Orient Scarlet colour. The Beans are larger than the ordinary kind, of a deep purple colour, turning black when it is ripe and dry: The Root perisheth also in Winter.

Government and Vertus.] These also belong to Dame Venus, and being dried and beat to powder, are as great strengtheners of the Kidneys as any are: neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the Stone, or to cleanse the Kidneys of Gravel or Stoppage. The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urine, enlarge the Breast that is freightened with shortness of Breath, engender Sperm, and incite to Venery.

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being set near a Quick-set Hedge, will bravely adorn the same by climbing up thereon. so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go near to kill the Quicksets by cloathing them in Scarlet.

Ladies Bed-Straw.

Besides the common name above-written, it is called Cheef-Rennet, because it performs the same office; as also Gallion, Pettinugget and Maids-hair, and by some wild R. femary.

Description] This riseth up with divers small, brown, and square upright stalks a yard high, or more, sometimes branches forth into divers parts, full of Foyns, and with divers very fine small Leaves at every one of them, little or nothing rough at all: at the top of the Branches grow many long Tufts or branches of yellow Flowers very thick set together, from the several Foyns which consist of four Leaves a piece, which smell somewhat strong, but not unpleasant: The seed is small and black like Poppy-seed, two for the most part joyned together:

The

The Root is reddish with many small threads fastned unto it, which take strong hold of the ground, and creepeth a little: And the Branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is easily encreased.

There is also another sort of Ladies-bed-straw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are so weak, that unless it be sustained by the Hedges, or other things near which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not so plentifully as those; and the Root hereof is also thriddy and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

Time.] They flower in May for the most part, and the seed is ripe in July and August.

Government and Vertues.] They are both Herbs of Venus, and therefore strengthen the parts both internal and external which she rules. The Decoction of the former of those being drunk, is good to fret and break the Stone, provoke Urine, stayeth inward Bleeding, and healeth inward Wounds. The Herb or Flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The flowers and herbs being made into an Oyl, by being set in the

Sun, and changed after it hath stood ten or twelve dayes; or into an Ointment being boiled in Axungia or Sallet Oyl, with some wax melted therein, after it is strained; either the Oyl, made thereof, or the Ointment to help Burnings with Fire, Scaldings with water. The same also, or the Decoction of the Herb and Flower, is good to bath the Feet of Travellers and Lacquies, whose long running causeth Weariness and stiffness in their Sinews and Joynts: If the Decoction be used warm, and the Joynts afterwards anointed with Ointment, it helpeth the dry Scab, and the Itch in Children: and the Herb with the white Flower is also very good for the Sinews, Arteries, and Joynts, to comfort and strengthen them after Travel, Cold, and Pain.

Beets.

OF Beets there are two sorts, which are best known generally, and whereof I shall principally treat at this time; viz. The white and red Beets and their Vertues.

Description.] The common white Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: The Stalk is great, strong and ribbed, bearing great store of Leaves upon it, almost to the very top of it: The Flowers grow in very long spikes, small at the ends, and rising down their heads, which are small, pale, greenish yellow. Burrs: being come red prickled seed. The Root is great, long and hard and when it hath given seed, is of no use at all.

The common Red Beet differeth not from the White but only it is lesser, and the Leaves and the Root are somewhat red: the Leaves are differently red in some only with red stalks or veins; some of a fresh red, and others of a dark red. The Root thereof is red, spungy, and not used to be eaten.

Government and Vertues] The Government of these two sorts of Beets are far different. ; the red Beet being under Saturn and the white under Jupiter; therefore take the Vertues of them apart, each by

him. The white Beet doth much loosen the Belly, and is of a cleansing digesting quality, and provoketh Urine: The Juice of it openeth Obstructions both of the Liver and Spleen, and is good for the Head-ach and swimings therein, and turnings of the Brain; and is effectual also against all venomous Creatures: and applied upon the Temples, stayeth Inflammations in the Eyes; it helpeth Burnings, being used with Oyl, and with a little Allum put to it

Cleanse, Digest, Discharge, Obstructions of the Liver and Spleen, Pertigo, Venomous Beasts, Burnings, St Anthones fire, Wheals, Blisters Chilblains, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldness.

it is good for St. *Anthones Fire* It is also good for all Wheals, Pustles, Blisters, and Blains in the Skia: The Herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and some Vinegar healeth the Itch, if bathed therewith, and cleanseth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs or other parts, and is much commended against Baldness and shedding of Hair.

The red Beet is good to stay the bloody Flux, Womens Courses and the Whites, and to help the yellow Jaundice. The Juice of the Root put into the Nostrils, purgeth the Head, helpeth the Noise in the Ears, and the Tooth ach: the Juice snuffed up the Nose, helps a Stinking Breath, if the cause lies in the Nose, as many times it doth, if any bruise hath been there, as also want of Smell coming that way.

Flux Terms stops Whites, Stinking Breath noise in the Ears, Smell lost.

Water-Betony.

Called also Broom-vvort, and in Yorkshire, *Bishops-Leaves*.

Description.] First of the Water-Betony. which riseth up with square hard, greenish stalks, sometimes brown, set with broad dark green Leaves denud about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but more larger, two for the most part set at a joyn. The Flowers are many, set at the tops of the stalks and branches, being round bellied and open at the brims and divided into two parts, the uppermost being like a hood, and the lowermost like a lip hanging down, of a dark red colour, which passing away, there comes in their places small round heads, with small points in the ends, wherein lie small and brownish seeds: The Root is a thick bush of strings and fibres growing from the Head.

Illeg.

Place.] It groweth by Ditch-fides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Water-fides.

Time.] It flowreth about July and the seed is ripe in August.

Government and Vertues.] Water-Betony is an Herb of Jupiter in Cancer, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony which follows. It is an excellent Remedy for sick Hogs. It is of a cleansing quality; the Leaves bruised and applied, are

Ulcers.

Bruises.

Sun-burning.

effectual for all old and filthy Ulcers; and especially if the Juice of the Leaves be boyled with a little Honey, and dipped therein, and the Sores dressed therewith: as also for Bruises or Hurts whether inward or outward: The distilled Water of the Leaves is used for the same purposes: as also to bath the face or hands spotted or blemished, or discoloured by Sun-burning.

I confess I do not much fantasie distilled Waters, I mean such Waters as are distilled cold; some Vertues of the Herb they may happily have (it were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apothecary fashion is, both Chymical Oyl and Salt is left behind unless you burn them, and then all is spoiled, Water and all, which was good for as little as can be by such a Distillation. You have the best way of Distillation in my Translation of the London Dispensatory.

Wood-Betony.

Descript:.] Common or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the end, roundly dented about the edges, standing upon long foot-stalks, from among which rise up small, square, slender, but yet upright hairy stalks with some Leaves thereon, two a piece at the joints, smaller than the Lower, whereon are set several spiked Heads of Flowers like Lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are blackish, somewhat long and uneven. The Roots are many white thriddy strings; the stalk periseth, but the Roots with some Leaves thereon, abide all the Winter. The whole Plant is somewhat small.

Place.] It groweth frequently in Woods, and delighteth in shady places.

Time.] And it flowreth in July, after which the Seed is quickly ripe, yet in its prime in May.

Government and Vertues.] The Herb is appropriated to the Planet Jupiter, and the Sign Aries. Antonius Musa, Physician to the Emperour Augustus Caesar, wrote a peculiar Book of the Vertues of this Herb; and amongst other

Ver-

Vertues, saith of it, That it preserveth the Liver and Bodies of Men from the danger of Epidemical Diseases, and from Witchcraft also: It is found By dayly experience to be good for many Diseases; It helpeth those that loath, or cannot digest their Meat, those that have weak Stomachs, or sour Belchings; or continual rising in their Stomachs, using it Familiarily either green or dry; either the Herb or Root, or the Flowers in Broath, Drink or Meat or made into Conserve, Syrup, Water, Electuary or Powder, as every one may best frame themselves unto, or as the time or season requireth, taken any of the aforesaid wayes, it helpeth the Jaundice, Falling-sickness, the Palsie, Convulsions or thrinking of the Sinews, the Gout and those that are inclined to Dropplies, those that have continual paines in the Head altho it turn to Phrensie. The Powder mixed with pure Honey is no less available for all sorts of Coughs or Colds, Wheezing, or shortness of Breath Distillations of thin Rheum upon the Lungs, which causeth Consumptions. The decoction made with Mead and a little Penny-royal, is good for those that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humours that by falling into the Eyes, doth hinder the sight: the decoction thereof made in Wine, and taken killeth the worms in the Belly, openeth Obstructions both of the Spleen and Liver, cureth Stitches and pains in the Back or Sides, the torments and griping pains of the Bowels, and the Wind-Colick: and mixed with Honey purgeth the Belly. helpeth to bring down Womens Courses, and is of special use for those that are troubled with the falling down of the Mother, and pains thereof and causeth an easie and speedy delivery of Women in Child-birth: It helpeth also to break and expel the Stone either in the Bladder or Kidneys. The decoction with Wine gargled in the Mouth, easeth the Tooth-ach. It is commended against the stinging or biting of Venemous Serpents or Mad-Dogs, being used inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in some Vinegar doth wonderfully refresh those that are over wearied by Travel; it stayeth Bleeding at the Mouth or Nose and helpeth those that piss or spit Blood, and those that are Bursten or have a Rupture. and is good for such as are bruised by any Fall, or otherwise. The green Herb bruised, or the Juyce applyed to any inward hurt, or outward green Wound in the Head or Body, will quickly heal and close it up; as also any Veins or Sinews that are cut; and will draw forth any broken Bone or Splinter, Thorn, or other thing gotten into the Flesh: It is no less profitable for old Sores or filthy Ulcers; yea though they be fistulous and hollow, but some do advise to put a little Salt to this purpose: Being applied with a little Hogs

Epidemical Diseases, Witchcraft, Appetite, Indigestion, Stomach, Belching, Freindice, Falling-sickness, Palsie, Convulsion, shrinking of the Sinews, Gout, Dropse, Frensie, Cough, Colds, shortness of Breath, Agues, of all sorts, sore, Eyes, Worms Obstructions of the Liver and Spleen, Stitches, Pains in the Back and Belly, Terms provokes Mother, Child-birth, Stone, Tooth-ach, Venomous Beasts, Mad-Dogs, Weariness, Bleeding at Mouth and Nose, Pissing, and Spitting of Blood, Rupture, Bruises, Wounds, Veins, and Sinews, cut Ulcers, Fistulae, Boils, Ears.

Lard

ard. It helpeth a plague-Sore, and other Boils and Pultes: The fumes of the Decoction while it is warm, received by a funnel into the Ears, easeth the pains of them, destroyeth the Worms, and cureth the running Sores in them: The Juice dropped into them doth the same. The Root of Betony is displeasing both to the tast and Stomach; whereas the Leaves and Flowers by their sweet and spicy tast, are comfortable in Meat and Medicinæ.

These are some of the many Vertues *Antony Musa* an expert Physitian, (for it was not the practice of *Octavius Casar* to keep fools about him) appropriates to Betony; It is a very precious Herb, that is certain, and most fitting to be kept in a Mans house both in Syrup, Conserve, Oyl, Oyntment and Plaister. The Flowers are usually conserved.

The Beech-Tree.

IN treating of this Tree, you must understand that I mean the great Mast Beech; which is by way of distinction from that other small rough sort, called in *Suffex* the small Beech; but in *Effex* Horn-beam.

I suppose it is needless to describe it, being already so well known to my Country-men.

Place.] It groweth in Woods amongst Oaks and other Trees, and in Parks, Forrests and Chafes to feed Deer; and in other places to fatten Swine.

Time.] It bloometh in the end of *April*, or beginning of *May*, for the most part, and the Fruit is ripe in *September*.

Government and Vertues.] It is a plant of *Saturn*, and therefore performs his qualities and properties in these operations: The Leaves of the Beech-Tree are Cooling and Binding and therefore good to be applied to hot Swellings to discuss them: The Nuts do much nourish such Beasts that feed thereon. The Water that is found

in the hollow places of decaying Beeches, will cure both Man and Beast of any Scurf, Scab, or running Tetter, if they be washed therewith. You may boyl the Leaves into a Pultis, or make an ointment of them, when time of year serves.

Blberries; called by some, Whorts and Whortle-Berries.

Description.] **O**F those, I shall only speak of two sorts, which are commonly in England, viz. The black and Red Berries. And first of the Black.

The small Bush creepeth along upon the Ground, scarce rising half a yard high, with divers small dark green Leaves set on the green Branches, not always one against the other, and a little dented about the edges: At the Foot of the Leaves com forth small, hollow, pale, bluish coloured Flowers, the bris ending in five points, with a reddish thred in the middle, which pass into small round Berries of the bigness and colour of Juniper-berries, but of a purple sweetish starrast; the Juice of them giveth a purplish colour to their bands and lips

lips that eat and handle them, especially if they break them, The Root groweth aslope under ground, shooting forth in sundry places as it creepeth. This looseth its Leaves in Winter.

The red Bilberries, or Whorle-bush, riseth up like the former, having sundry hard Leaves, like the Box-tree Leaves, green and round pointed, standing on the several branches, at the tops whereof only, and not from the sides, as in the former, come forth divers round flowers, of a pale red colour, after which succeed round, redish, suppy Berries, when they are ripe, of a sharp taste. The Root runneth in the ground, as in the former, but the Leaves of this abide all the Winter.

Place.] The first groweth in Ferrests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, Lancashire; Yorkshire, &c.

Time.] They flower in March and April, and the Fruits of the black is ripe in June and July.

Government and Vertues.] They are under the Dominion of Jupiter. It is pity they are used no more in Physick than they are, The black Bilberries are good in hot Agues, and to cool the heat of the Liver and Stomach: they do somewhat bind the Belly and stay Vomiting and Loathings: the Juice of the Berries made into a Syrup, or the Pulp made into a conserve with sugar is good for the purposes.

Agues, Stomach, Liver,
Vomiting, Appetite lost,
Cough, Fluxes,

aforsaid, as also for an old Cough, or an Ulcer in the Lungs, or other Diseases therein. The red Red Whorts are more binding, and stop Womens Courses, spitting of Blood, or any other flux of Blood or humours, being used as well outwardly as inwardly.

Boisfoyl, or Twablade.

Descript.] **T**his small Herb from a Root somewhat sweet, shooting down into the ground many long strings, rising up a round green stalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having only two broad Plantane like Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place.] It is an usual Inhabitant in Woods, Copfes, and in many other places in this Land.

There is another sort grows in wet grounds and Marthes; which is somewhat differing from the former: It is a smaller Plant, and green, having sometimes three Leaves; the spike of the flowers is less then the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds both green and old, and to consolidate or knit Ruptures, and well it may, being a plant of Saturn.

Wounds Ruptures.

The Birch Tree.

Descript.] **T**his groweth a goodly tall straight Tree, fraught with many Boughs and slender Branches bending downwards; the old being covered with a discoloured chapped Bark, and the younger being browner by much: The Leaves at the first breaking out are crumpled, and afterward like the Beech-leaves but smaller and greener, and dented about the edges. It beareth small short Catkins, somewhat like those of the Hazel Nut-tree, which abide on the Branches a long time, until growing ripe, they fall on the ground, and their seed with them.

Place.] It usually groweth in Woods.

Government and Vertues.] It is a Tree of Venus, The Juice of the Leaves while they are young, or the distilled water of them, or the water that comes from the Tree being boared with an Augur, and distilled afterwards: any of these being drunk for some dayes together, is available to break the Stone in the Kidneys and Bladder, and is good to wash sore Mouths.

Birds-Foot.

This small Herb groweth not above a span high, with many Branches spread upon the ground, set with many wings of small Leaves, The Flowers grow upon the Branches, many small ones of a pale yellow colour, being set a head together, which afterwards turned into so small Joynted Cods well resembling the Claws of small Birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, but a little larger: the Flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Roots do carry many small white knots or kernels amongst the strings.

Place.] These grow on Heaths, and many open untilled places of this Land.

Time.] They flower and seed in the end of Summer.

Government and vertues.] They belong to Saturn and are of a drying, binding quality, and thereby very good to be used in Wound-drinks, as also, to apply outwardly for the same purpose. But the latter Birds-foot is found by experience to break the Stones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture being taken inwardly and outwardly applied to the place.

All Salts have best operation upon the Stone, as Ointments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the Stone: The way how to do so may be found in my Translation of the *London Dispensatory*; and it may be I may give you again in plainer Terms, at the latter end of this Book.

Bishops-Weed.

Besides the common name Bishops-weed, it's usually known by the Greek name *Ammi* and *Ammiss* some call it *Aethiopian cummin-seed*, and others

others *Gummim-Royal*; as also *Herb-William*, and *Bull-wort*.

Description.] *Common Bishops-weed* riseth up with a round straight stalk sometimes as high as a man, but especially three or four foot high, beset with divers small, long and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbles, of white flowers, which turn into small brown seed, little bigger than *Parlley-seed*, of a quick hot scent and taste: The Root is white and stringy, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

Place.] It groweth wild in many places in England and Wales, as between *Green-heath* and *Grav-send*.

Government and Vertues.] It is hot and dry in the third degree, of a bitter taste, and somewhat sharp withal, it provokes Lust to purpose: I suppose *Venus* owns it. It digesteth Humours, provoketh Urine and Womens Courses, dissolveth wind, and being taken in Wine it easeh pains and griping in the Bowels, and is good against the biting of Serpents: It is used to good effect in those Medicines which are given to hinder the poysonful operation of *Cantharides* upon the passage of the Urine: being mixed with Honey, and applied to black and blew marks: coming of blows or bruises, it takes them away: and being drunk or outwardly applied, it abateth an high colour, and makes it pale: and the Fumes thereof taken with *Rosin* or *Raisins*, cleanseth the Mother.

Dysury, Terms provokes, Wind-colick, Venomous Beasts, Cantharides, black and blew spots, high Colour, Mother.

Bistort, or Snake-weed.

It is called *Snake-weed*, *English Serpentry*, *Dragon-wort*, *Oysterick*, and *Pas-sions*.

Descrips.] This hath a thick, short, knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent taste, with divers black threds hanging there from whence spring up every year divers Leaves standing upon long foot-stalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends. but that it is of a blewish green colour on the upper-side, and of an Ash-colour Gray and a little purplish underneath, with divers Veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bush of pale coloured flowers, which being past there abideth small seed, somewhat like unto *Sorrel-seed*, but greater.

There are other sorts of *Bistort* growing in this Land, but smaller, both in height, root, and stalks, and especially in the Leaves. The root blackish without, and somewhat whitish within, of an austere binding taste, as the former.

Place. They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow leaved *Bistort* groweth in the North, in *Lincolnshire*, *Yorkshire*, and *Cumberland*.

Time.] They flower about the end of May, and the seed is ripe about the beginning of July.

Government and Vertues.] It belongs to *Saturn*, and is in operation cold and dry; both the Leaves and Roots have a powerful faculty to resist all Poyson: The Root in Powder taken in drink, expelleth the Venom of the Plague, the Small Pox, Meazles, Purples, or any other infectious Disease, driving it out by sweating. The Root in Powder, the Decoction thereof in Wine being drunk, stayeth all manner of inward bleeding or spitting of Blood, and any Fluxes in the Body of either man or Woman, or Vomiting. It is also very available against Ruptures, or Burstings, or all Bruises of Falls, dissolving the congealed Blood, and easing the pains that happen thereupon, it also helpeth the Jaundice. The Water distilled from both Leaves and Roots, is a singular Remedy to wash any place bitten or stung by any Venomous Creature;

as also for any of the purposes before spoken of, and is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindereth Abortion or Miscarriage in Child-bearing. The Leaves also kill the Worms in Children and is a great help to them that cannot keep their water, if the juyce of Plantane be added thereto, and outwardly applied much helpeth the Gonorrhea, or Running of the Reins. A dram of the Powder of the Root taken in the water thereof wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive humors. The Leaves, Seed or Roots, are all very good in Decoctions, Drinks, or Lotions, for inward or outward Wounds or other sores. And the Powder strewed upon any Cut or Wound in a Vein, stayeth the immoderate bleeding thereof: The Decoction of the Roots in Water whereupon some Pomegranate Pills and Flowers are added, injected into the Matrix, stayeth the access of humors to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate Flox of the Courses. The Root hereof with Pellitory of Spain, and burnt Allum, of each a little quantity, beaten small and made into past, with some Honey, and a little piece thereof put into an hollow Tooth, or held between the Teeth, if there be not hollownes in them, stayeth the defluxion of Rheum upon them, which causeth pains, and helps to cleanse the Head and void much offensive Water. The distilled water is very effectual to wash Sores or Cankers on the Nose or any other parts, if the Powder of the Root be applied thereunto afterwards. It is good also to fasten the Gums and to take away the heat and inflammations that happen in the Jaws, Almonds of the Throat and Mouth; If the decoction of the Leaves, Roots or Seeds be used, or the Juyce of them; but the Roots are most effectual to the purposes aforesaid.

One Blade.

Description.] **T**His small plant never beareth more than one Leaf, but only when it riseth up with its stalk, which it reon beareth another and seldom more, which are of a blewish green colour, broad at the bottom, and pointed with many ribs or Veins like Plantane: At the top of the stalk grow many small flowers Star fashion, smelling something sweet: after which came small reddish berries when they are ripe. The Root small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

Place.] It grows in moist, shadowy grassie places of Woods in many places of this Realm.

Time.] It flowereth about May, and the Berries be ripe in June, and then quickly perissheth until the next year it springeth from the same again.

Goverment and Vertues.] It is an Herb of the Sun, and therefore Cordial, half a dram, or a dram at most of the Roots hereof in Powder taken in Wine and Vinegar, of each a like quantity, and the palsy presently laid to sweat is held to be a soveraign Remedy for those that are infected with the Plague, and have a Sore upon them, by expelling the Poyson, and defending the Heart and Spirits from danger: It is also accounted a singular good Wound Herb, and therefore used with other Herbs in making such Balms as are necessary for the Curing of Wounds either green or old, and especially if the Nerves or Sinews be hurt.

Pestilence, Wounds, Nerves, Sinews hurt.

The Bramble, or Black-Berry-Bush.

IT is so well known, that it needeth no description, The Vertues thereof are as followeth.

Goverment and Vertues.] It is a Plant of Venus in Aries, you shall have some directions at the latter end of the Book for the gathering of all Herbs and Plants, &c. If any ask the reason why Venus is so prickly? Tell them 'tis because she is in the house of Mars. The Buds, leaves and Branches while they are green, are of a good use in the Ulcers and putrid Sores of the Mouth and Throat, and for the Quinsie: and likewise to heal other fresh Wounds and Sores: but the Flowers and Fruit unripe are very binding, and so profitable for the Bloody-Flux, Lasks, and are a fit Remedy for spitting of Blood: Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gavel, and the Stone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good lotions for sores in the Mouth or Secret Parts. The Decoction of them, and of the drying Branches, do much bind the Belly, and are good for too much flowing of Womens Courses: The Berries of the Flower a powerful Remedy against the Poyson of the most venomous Serpents

Ulcers, Sores, Quinsie, Wounds, Flux, Bloody-Flux spitting blood Gravel, Stone, Secret Parts, Worms, Poyson, Venomous Beasts.

Fundament, Piles, Feavers, Head, Eyes, Itch, Scabby Heads.

drunk as outwardly applied, helpeth the Sores of the Fundament, and the Piles. The Juycce of the Berries mixed with the Juycce of Mulberries, do bind more effectually, and help fretting and eating Sores and Ulcers wheresoever. The distilled water of the Branches, Leaves and Flowers, or of the Fruit is very pleasant in tast, and very effectual in Feavers and hot distempers of the Body, Head, Eyes, and other parts, and for all the purposes aforesaid. The Leaves boyled in Ly, and the Head washed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juycce of the Leaves, and some the Juycce of the Berries, to keep for their use all the year, for the purposes aforesaid.

Blites.

Descript.] **O**F these there are two sorts commonly known, viz. *White and Red.* The *White* hath Leaves somewhat like unto Beets, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk, the stalk riseth up two or three foot high, with such like Leaves thereon: the Flowers grow at the top in long round tufts or clusters, wherein are contained small and round seed: the Root is very full of shreds or strings.

The *Red Blite* is in all things like the *White*, but that his Leaves and tufted Heads are exceeding red at first, and after turn more purplish.

There are other kind of *Blites* which grow wild, differing from the two former sorts but little only the wild are smaller in every part.

Place.] They grow in Gardens, and wild in many places in this Land.

Time.] They seed in *August* and *September*.

Goverment and Vertues.] They are all of them cooling, drying, and binding, serving to restrain the Fluxes of Blood in either man or Woman, especially the *Red*; which

Reds and Whites in Women.

also stayeth the over-flowing of *Womens Reds*, as the *White Blite* stayeth the *Whites in Women*: It

is an excellent secret, you cannot well fail in the use: they are all under the Dominion of *Venus*.

There is one other sort of wild *Blites* like the other wild kinds, but have long and Spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the *Fishes* are delighted with, and it is a good and usual bait; for *Fishes* will bite fast enough at them, if you have but wit enough to catch them when they bite.

Borrage and Bugloss.

THese are so well known to the Inhabitants in every Garden, that I hold it needless to describe them.

To these I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description

It is called *Langue de-Beef*; but why they should call one Herb by the Name *Bugloss*, and another by the Name *Languide-Beef*, it's to me some question, seeing one signifies *Ox Tongue* in Greek, and the other signifies the same in French.

Description.] The Leaves thereof are smaller than those of *Bugloss*; but much rougher; the stalks rising up about a foot and half high, and is most commonly of a red colour; the flowers stand in scaly rough heads, being composed of many small yellow flowers not much unlike to those of *Dandelyon*, and the seed lies away in Down, as that doth: you may easily know the flowers by their taste, for they are very bitter.

Place.] It groweth wild in many places of this Land and may be plentifully found near London, as between *Redriff* and *Deptford*, by the Ditch-sides. Its Vertues are held to be the same with *Borrag* and *Bugloss*, only this is somewhat hotter.

Time.] They flower in June and July, and the seed is ripe shortly after.

Government and Vertues.] They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengtheners of Nature. They are very Cordial. The Leaves or Roots are to very good purpose used in Putrid and Pestilential Feavers, to defend the Heart, and help to resist and expel the Poison, or the Venom of other Creatures; the seed is of the like effects; and the Seed and Leaves are good to encrease Milk in Womens Breasts: The Leaves, Flowers, and Seed, all, or any of them, are good to expel Pewfiveness and Melancholy, it helpeth to clarify the Blood and mitigate heat in Feavers. The Juice made into a Syrup prevaieth much to all the purposes aforesaid, and is put with other cooling, opening, cleansing Herbs to open Obstructions and help the Yellow Jaundice, and mixed with *Fumitory*, to cool, cleanse, and temper the Blood thereby; it helpeth the Itch, Ring-worms and Tettors or other spreading Scabs or Sores. The Flowers candied or made into a Conserve, are helping in the former causes, but are chiefly used as a Cordial, and are good for those that are weak with long Sickness, and to comfort the Heart and Spirits of those that are in a Consumption or troubled with often Swoonings, or Passions of the Heart: the Distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and Inflammations of the Eyes, being washed therewith: The dried Herb is never used, but the green; yet the Alhes thereof boyled in Mead or honied water, is available against Inflammations and Ulcers in the Mouth or Throat, to wash and gargle it therewith. The Roots of *Bugloss* are effectual being made into a licking Electuary, for the Cough, and to condensate thick Flegm, and the Rumatick distillations upon the Lungs.

Feavers, pestilence, poison
Venomous Beasts, Milk in
Nurses, Melancholy, Ill
Blood, Yellow Jaundice,
Itch, Ring-Worms, tetter,
Scabs, Weakness by long
Sickness, Consumption,
Swooning Inflammations,
Ulcers, Sore Mouth, and
Throat, Cough, Flegm.

Blew-bottle.

[It is called *Synus*, I suppose from the colour of it; *Hurt-Sickle*, because it turns the edge of the Sickles that reap the Corn; *Blew-blow*, *Corn-flower*, and *Blew-bottle*.

Description.] I shall only describe that which is commonest, and in my opinion most useful: Its Leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of *Corn Scabious*, among which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish colour, either but very little indented, or not at all: The flowers are of a bluish colour, from whence it took its name, consisting of an innumerable company of small flowers, set in a scaly head, not much unlike those of *Knap weed*: The seed is smooth bright and shining, wrapped up in a woolly Mantle: The Root perissheth every year.

Place.] They grow in Cornfields, amongst all sorts of Corn (*Pease*, *Beans*, and *Tares* excepted) if you please to take them up from thence, and to replant them in your Garden, especially toward the full Moon, they will grow more double then they are, and many times change colour.

Time.] They flower from the beginning of May, to the end of Harvest.

Governance and Vertues.] As they are naturally cold, dry and binding, so are they under the Dominion of *Saturn*. The Powder or dried Leayes of the *Blew bottle* or *Corn flower*, is given with good success to those that are bruised by a fall, or have broken a vein inwardly, and void much blood at the Mouth: being taken in the Water of *Plantane*, *Horstail*, or the greater *Comfrey*, it is a Remedy against the Poyson of the *Scorpion*, and resisteth all Venoms and Poyson. The Seed or Leayes taken in

Wine is very good against the *Plague*, and all infectious Diseases, and is very good in pestilential Feavers. The Juice put into fresh or green Wounds, doth quickly solder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth: The Juice dropped into the Eyes, taketh away the heat and inflammation in them. The distilled Water of the Herb hath the same properties, and may be used for the effects aforesaid.

Brank-Ursine.

Besides the common Name *Brank-Ursine*, it is also called *Bears-breech*, and *Acanthus*, though I think our English Names to be more proper; for the Greek word *Acanthos*, signifies any Thistle whatsoever.

Description.] This Thistle shooteth forth very many large, thick, sad green smooth Leaves upon the ground, with a very thick and juicy middle Rib: The Leaves are parted with sundry deep gashes on the edge; the Leaves remain a long time before any stalk appears: afterwards riseth up a reasonable big stalk three or four foot high, and bravely deckt with flowers from the middle of the stalk upwards, for on the lower part of the stalk, there is neither Branch nor Leaf; the

the flowers are hooded and gaping, being white in colour, and standing in brownish Husks, with a long small undivided Leaf under each leaf: they seldom seed in our Country. Its Roots are many, great and thick, blackish without, and whitish within, full of a clammy Sap, a peice of them if you s^t in the Garden and defend them from the first Winters cold, will grow and flourish.

Place.] They are only nursed up in Gardens in England, where they will grow very well.

Time.] It flowreth in June and July.

Government and Virtues.] It is an excellent plant under the Domipion of the Moon: I could wish such as are studious would labour to keep it in their Gardens, The Leaves being boyled and used in Clysters are excellent good to mollify the Belly, and make the passages slippery,

The decoction drunk inwardly, is excellent good for the Bloody-flux. The Leaves being bruised, and rather boyled and ap^lied like a pultis, are exceeding good to unite Broken Bones, and strengthen Joints that have been put out. The decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good

Bloody-flux, Fra^gures, Dⁱstocations, King's-e-
vil, Burnings, Aputurs,
Cramp, Gout, Disury,
Hedick Fevers, Radical
Moisture.

for the Kings-evil that is broken and runneth; for by the influence of the Moon it reviveth the ends of the Veins which are relaxed: there is scarce a better Remedy to be applied to such places as are burnt with Fire than this is, for it fetcheth out the Fire and heals it without a scar. This is an excellent remedy for such as are bursten, being either taken inwardly, or applied to the place. In like manner used, it helps the Cramp and the Gout. It is excellent good in Hedick Feavers, and restores radical Moisture to such as are in Consumptions.

Briony, or Wild Vine.

It is called Wild Vine, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by some: and the Black Black Vine.

Description.] The common White Briony groweth ramping upon the Hedges, sending forth many long, rough, very tender branches at the beginning, with many very rough, broad Leaves therein, (cut for the most part) into five partitions, in form very like a Pine leaf, but smaller, rougher, and of a whitish or hoary, green colour, spreading very far, spreading and twining with his small clusters (that come forth at the Joints with the leaves) very far on whatsoever standeth next to it. At the several joints also, (especially toward the top of the branches) cometh forth a long stalk bearing many whitish flowers together in a long list, consisting of five small leaves a peice, laid open like a Star, after which come the berries, seperated one from another more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good scent, but of a most loathsome taste, provoking vomit. The Root groweth to be exceeding great with many twins or branches growing from it, of a pale whitish colour on the out side, and more white within; and of a sharp, bitter, loathsome taste.

Place.]

Place.] It groweth on Banks, or under Hedges, through this Land: the Roots lie very deep.

Time.] It flowreth in *July* and *August*, some earlier, and some later than other.

Government and Vertues.] They are furions Martial Plants: The Root of Briony purges the Belly with great violence troubling the Stomach, & burning the Liver and therefore not rashly to be taken; but being corrected, is very profitable for the Diseases of the Head, as Falling-Sickness, Giddiness, and swimings, by drawing away much Flegm and Rheumatick humours that oppress the Head. As also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps and Stitches in the Sides, and the Drop sic, and in provoking Urine, it cleanseth the Reins and Kidneys from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swelling thereof. The Decoction of the Root in Wine, drunk once a week at going to Bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of Abortion, a dram of the Root in Powder taken in white Wine, bringeth down their Courses. An Electuary made of the

Roots and Honey, doth mightily cleanse the Chest of rotten flegm, and wonderfully help an old strong Cough, those that are troubled with shortness of Breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit, and root do cleanse old and filthy Sores, are good against all fretting and running Cankers, Gangreenes and Tetters, and therefore the Berries are by some Country people called Tetter-Berries. The Root cleanseth the Skin wonderfully from all black and blew Spots, Freckles, Morpew, Leprosie, foul Scars, or other deformity whatsoever: as also all running Scabs and Malignities are healed by the powder of the dried Root or the juyce thereof, but especially by the fine white hardened juyce. The distilled Water of the Root worketh the same effects but more weakly. The Root bruised and applied of itself to any place where the Bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh; and being applied with a little Wine mixed therewith, breaketh Boils, and helpeth Whitlows on the Joynts.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my advise along with you: You shall find in my *Translation of the London Dispensatory*, among the Preparations at the latter end, a Medicine called *Facula Brionie*, take that and use it, you have the way there how to make it, and mix it with a little Hogsgrease, or other convenient Ointment, and use it at your need.

As for the former Diseases, where it must be taken inwardly, it purgeth very violently, & needs an abler hand to correct it than most Country-people have, therefore it is a better way for them in my opinion to let the Simple alone, & take

Take the compound water of it, mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

Brook-lime, or Water Pimpernel.

Description.] **T**his sendeth forth from a creeping Root that shooteth forth strings at every joyn as it runneth, divers and sundry green stalks round and sappy, with some branches on them, somewhat broad, round, deep, green, and thick Leaves set by couples thereon: from the bosom whereof shoot forth long foot-stalks, with sundry small blew flowers on them, that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is grayer, and the flowers of a paler green colour.

Place.] They grow in small standing waters, and usually near water-creffles.

Time.] And flowers in June and July, giving Seed the next Moneth after.

Government and Vertues.] It is a hot and biting Martial Plant. Brooklime and VWater-creffles are generally used together in Diet-drink, with other things serving to purge the Blood and Body from all ill humors that would destroy health, and are helpful to the Scurvy. They do all provoke Urine, and help to break the Stone, and pass it away. They procure Womens Courses, and expel the dead Child. Being fried with Butter and-Vinegar, and applied warm, it helpeth all manner of Tumors or Swellings, and Inflammations.

Flood purgeth ill humors,
Scurvy, Disury, Stone,
Terms provokes, Dead
Child Swellings, Inflammations.

Such Drinks ought to be made of sundry Herbs according to the M^lady offending, I shall give a plain and easie Rule at the latter end of this Book.

Butchers-Broom-

It is called *Ruscus* and *Bruscus*, *Kace-holm*, *Kace-holly*, *Kace-bulver*, and *Pettigree*.

Description.] The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: they rising up to be a foot and an half high, are spread into divers branches green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round-brd Leaves, and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together; about the middle of the Leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard round seeds contained. The Root is thick, white and great at the head, and from thence sendeth forth divers thick, white, long tough strings.

Place.

Place.] It groweth in Coppes, and upon Heaths and waite Grounds, and oftentimes under or near the Holly-bushes.

Time.] It sheweth forth his young Buds in the Spring, and the Berries are ripe in or about September. The branches of Leaves abiding green all the Winter.

Government and Vertues.] 'Tis a Plant of Mars, being of a gallant cleansing and opening quality. The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urine, helpeth to expel Gavel and the Stone, the Strangury, and Womens Courses, as also the yellow Jaundice, and the Head-ach: and with some Honey or Sugar put thereunto, cleanseth the Breast of Flegm, and the Chest of much clammy humours gathered therein. The Decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in loosning and consolidating broken Bones, or parts out of Joynt. The common way of using it, is to boyl the Roots of it and Parsley, and Fennel, and Smalage in white Wine, and drink the Decoction, adding the like quantity of Gall-root to them: the more of the Roots you boyl, the stronger will the Decoction be: it works no ill effects, yet I hope you have wit enough to give the strongest Decoctions to the strongest Bodies.

Broom and Broom-rape.

TO spend time in writing a Description hereof, is altogether needless, it being so generally used by all the good House-wives almost through this Land to sweep their Houses with, and therefore very well known to all sorts of people.

The Broom-rape springeth up on many places from the Roots of the Broom (but more often in Fields, as by Hedge-files, and on Heaths.) The Stalk whereof is of the bigness of a finger or thumb, above two foot high, having a shew of Leaves on them, and many flowers at the top, of a reddish yellow colour, as also the stalks and leaves are.

Place.] They grow in many places of this Land commonly, and as commonly spoil all the Land they grow in.

Time.] And flowreth in the Summer moneths, and give their Seed before Winter.

Government and Vertue.] The Juice or Decoction of the young branches, or seed, or the powder of the seed taken in drink, purgeth downwards and draweth flegmatick and watry humours from the Joynt, whereby it helpeth the Drop sic, Gout, Sciatica and the pains in the Hips and Joynts; It also provoketh strong Vomits, and helpeth the pains of the sides, and swellings of the Spleen, cleanseth also the Reins or Kidneys and Bladder of the Stone provoketh Urine abundantly, and hindreth the growing again of the Stone in the body. The continual use

of the Powder of the Leaves and Seed doth cure the black Jaundice. The distilled Water of the Flowers is profitable for all the same purposes. It also helpeth Surfeits, and altereth the Fits of Agues, if three or four ounces thereof with as much of the water of the lesser Centaury, and a little Sugar put therein, be taken a little before the Fit cometh, and the party be laid down to sweat in his Bed. The Oyl or Water that is drawn from the ends of the green Sticks heated in the Fire helpeth the Tooth-ach. The Juyce of the young branches made into an Ointment of old Hogs-grease and anointed, or the young branches bruised and heated in Oyl or Hogs-grease and laid to the sides pained by Wind, as in Stitches, or the Spleen, easeth them in once or twice using it. The same boyled in Oyl, is the safest and surest Medicine to kill Lice in the Head or Body of any: and is an especial Remedy for Joynt-aches, and swollen Knees that come by the falling down of humors.

Black Faundice, Agues,
Tooth ach, Wind, Stitches,
Lice.

The Broom-rape also is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the Stone in the Kidneys and Bladder, and to provoke Urine, as the Broom it self. The Juyce thereof is a singular good help to cure as well green Wounds, as old and filthy Sores and malignant Ulcers. The isolate Oyl wherein there hath been three or four Repetitions of Infusion of the top stalks with flowers strained and cleared, cleanseth the Skin from all manner of spots marks; and freckles that rise either by the heat of the Sun, or the malignity of humours. As for the Broom and Broom-rape, Mars owns them, and is exceeding prejudicial to the liver. I suppose by reason of the antipathy between Jupiter and Mars, therefore if the Liver be disaffected, minister none of it.

Stone, Dysury, Green
Wounds.

Bucks-horn Plantane.

Description.] This being sown of seed riseth up at the first with small, long, narrow, hairy, dark green Leaves like Grass, without any division or cash in them; but those that follow, are gashed in on both sides the Leaves into three or four gasbes, and pointed at the ends, resembling the knags of a Bucks-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another, thereby resembling the form of a Star: from among which rise up divers hairy stalks, about a hand breadth high, bearing every one a small long spiky head like to those of the common Plantane, bearing such like bloomings and seed after them. The Root is single, long and small, with divers strings at it.

Place.] They grow in sandy ground, as in Tuttle-fields by Westminster, and divers other places of this Land.

Time.] They flower and seed in May, June, and July, and their green Leaves do in a manner abide fresh all the Winter.

Government and Vertues.] It is under the Dominion of Saturn, and is of a gallant drying and binding quality, This boyled in Wine and drunk, and some

Venomous Beasts, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, Bloody Flux, Agues, Eyes.

some of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one and the same. The same being also drunk helpeth those that are troubled with the stone in the Reins and Kidneys, by cooling the heat of the part afflicted, strengthening them: as also weak stomachs that cannot retain but cast up their meat. It stayeth all bleeding at Mouth and Nose, bloody Urine, or the bloody Flux, and stoppeth the Lask of the Belly and Bowels. The leaves hereof bruised, and laid to the sides that have an Ague, suddenly easeth the Fit: and the Leaves and Roots beaten with some Bay-salt, and applied to the Wrists, worketh the same effects. The Herb boyled in Ale or Wine, and given for some mornings and evenings together, stayeth the distillation of hot and sharp Rheums falling into the Eyes from the Head, and helpeth all Sorts of sore Eyes.

Bucks-horn.

IT is called also Harts-horn, *Herba stella*, and *Herba stellaria*, *Sanguinaria*, Herb eve, and Herb-Ivy, and Wort-creffes, and Swines-creffes.

Description.] They have many small and weak stragling branches trailing here and there upon the ground: the Leaves are many, small, and jagged, not much unlike to those of Bucks horn Plantane, but much smaller, and not so hairy. The flowers grow amongst the leaves in small, rough, whitish clusters; the seeds are small and brownish, of a hotter tast.

Place.] They grow in dry, barren and sandy Grounds.

Time.] They flower and seed when the rest of the Plantanes do.

Government and Vertues.] This is also under the Dominion of Saturn, the Vertues are held to be the same of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but besides those, it is most certainly found out, that the leaves being bruised and applied to the place, stop bleeding; the Herb bruised, and applied to VVarts, will make them consume and wax away in a short time.

Bagle.

Besides the name Bagle, it is called Middle-Confound, and Middle-Comfry, brown Bagle, and of some Sickle wort, and Herb carpenter, though in Essex we call another Herb by that name.

Description.] This hath larger Leaves than those of the Self-heal, but else of the same Fashion, or rather a little longer, in some green on the upper-side, and in others more brownish, dented about the edges, somewhat hairy, as the square stalk is also, which riseth up to be half a yard high sometimes, with the Leaves set by couples: from the middle almost whereof upwards stand the Flowers together, with many smaller and browner Leaves than the rest, on this stalk below, set at distances, and the stalk bare between them, among which Flowers are

are also small ones of a blewish, and sometimes of an Ash-colour, fashioned like the flowers of the ground-Ivy, after which come small, round, blackish seed. The Root is composed of many strings, and spreadeth upon the ground in divers parts round about.

The white flowered Bugle differeth not in form or greatnes from the former, saying that the leaves and stalks are allwayes green, and never brown like the other, and the flowers thereof are white.

Place.] They grow in Woods and Copfes, and Fields generally throughout England: but the white flowered Bugle is not so plentiful as the former.

Time.] They flower from May until July, and in the mean time perfect their feed. The Roots and leaves next thereunto upon the ground abiding all Winter.

Goverment and Vertues.] This Herb belonging to Dame Venus, if the Vertues of it make you in love with it (as they will if you be wise) keep a Syrup of it to take inwardly, and an Ointment and Plaister of it to use outwardly alwayes by you.

The Decoction of the Leaves and Flowers made in Wine & taken, dissolveth the congealed Blood in those that are bruised inwardly by a Fall or otherwise, and is very effectual for any inward Wounds, Thrusts Stabs in the Body or Bowels, and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it.) It is wonderful in Curing all manner of Ulcers and Sores whether new and fresh, or old and inveterate, yea, Gangreens and Fistulaes also, if the leaves bruised and applied, or their Juyc used to wash and bath the places. And the same made into a Lotion with some Honey and Allum, cureth all Sores in the Mouth and Gums, be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such Ulcers and Sores as happen in the Secret parts of Men and Women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any Member out of Joynt. An Ointment made with Leaves of Bugle, Scabious and Sanicle bruised and boyled in Hogs-grease, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shall require it is so singular good for all sorts of hurts in the Body, that none that knew its usefulness will be without it.

Bruises, Falls, Wounds,
Scabs, ulcers, Liver-grown
gangreens, Fistulaes. Sore
Mouths, Gums, Sore in the
Secrets, broken Bones.

The truth is, I have known this Herb Cure some Diseases of Saturn of which I thought good to quote one. Many times such as give themselves much to drinking, are troubled with strange Fancies, strange sights in the Night-time, & some with Voices. as also with the Disease *Epibiales* or the *Mare*, I take the Reason of this to be (according to *Fernelius*) a melancholy Vapor made thin by excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds Imaginations, like it self. viz fearful and troublesome. These I have known cured by taking only two spoonfuls of the Syrup of this herb after supper two hours, when you go to bed. But whether this do it by Sympathy or Antipathy is some question: all that know any thing

Mares, strange sights in
the Night.

in Astrology, know that there is a great Antipithy between *Saturn* and *Venus* in matter of Procreation, yea, such an one, that the Barrenness of *Saturn* can be removed by none but *Venus*; nor the lust of *Venus* be repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these Vapours, though in quality Melancholy, yet by their flying upward, seem to be something Aerial; therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* in the house of *Venus*.

Burnet.

IT is also called *Sanguisorba*, *Pimpinella*, *Bipula*, *Solostrella*, &c. The Common-Garden Burnet is so well known that it needeth no Description. There is another sort which is wild, the Description whereof take as followeth.

Descript.] The great wild Burnet hath winged Leaves rising from the Root like the Garden Burnet but not so many, yet each of these Leaves are at the leaf twice as large as the other, and nicked in the same manner about the edges, of grayish colour on the under-side: the stalks are greater, and rise higher, with many such like Leaves set thereon and greater heads at the top of a brownish colour, and out of them come small dark purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: It hath almost neither scent nor taste therein like the Garden kind.

Place.] The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, specially in *Huntington* and *Northampton* Shires, in the Meadows there: also near *London* by *Panchras* Church, and by a Causey-side, in the middle of a Field by *Paddington*.

Time.] They flower about the end of *June* and beginning of *July*, and their Seed is ripe in *August*.

Government and Vertues.] This is an Herb the Sun challengeth Dominion over, and is a most precious Herb, little inferiour to *Betony*. The continual use of it preserves the body in health, and the Spirit in vigor: for if the Sun be the Preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one property, but the lesser is more effectual, because quicker, and more Aromatic: It is a friend to the Heart, Liver,

Heart, Liver, Melancholy, Febriles, Epidemical Diseases, Bleeding, Stoppage of Terms and Whites, Belching, Vomiting, Wounds, Ulcers, Cankers, Sores, Fluxes.

and other the principal Parts of a Mans body. Two or three of the stalks with Leaves put into a Cup of Wine especially Claret, are known to quicken the Spirits, refresh and clear the Heart and drive away Melancholy: It is a special help to defend the Heart from noisome vapors, and from infection of the Pestilence, the Juice thereof being taken in some drink and the party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are available in all manner of Fluxes of Blood or humors to Branch Bleedings inward or outward, Lasks, Scourings, the Bloody Flux, Womens too abundant flux of Courses, the Whites and the cholerick Belchings and Castings of the Stomach: and is a singular Wound Herb for all sorts of Wounds both of the

Head

Head and Body, either inward or outward: for all old Ulcers or running Cankers, and moist Sores, to be used either by the Juyce, or Decoction of the Herb, or by the Powder of the Herb or Root, or the Water of the distilled Herb or Ointment by its self or with other things to be kept. The Seed is also no less effectual both to stop Fluxes and dry up moist Sores, being taken in Powder inwardly in Wine, or Steeled Water, that is, whereia hot Galls of Steel have been quenched, or the Powder or the Seed mixed with the Ointments.

The Butter-Bur, or Petasitis.

Descript.] **T**His riseth up in February, with a thick stalk about a foot high, whereon are set a few small Leaves, or rather pieces and at the tops a long spike a head of Flowers, of a bluish or deep red colour, according to the Soyl wherein it groweth: and before the stalk with the flowers have abiden a month above ground, it will be withered and gone blown away with the Wind: and the Leaves will begin to spring, which being full grown, are very large and broad, being som. what thin, and almost round, whose thick red foot stalks about a foot long, stand toward the middle of the Leaves. The lower part being divid d into two round parts, close almost to one another. and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant tast.

Place and Time.] They grow in low and wet Ground by Rivers and Watersides. Their flowers (as is said) rising and decaying in February and March; before the Leaves, which appear in April.

Government and Vertues.] It is under the Dominion of the Sun, and therefore is a great strengthener of the Heart, and cheerer of the Vital Spirits. The Roots hereof are by long Experience found to be very available against the Plague, and pestilential Feavers, provoking Sweat: if the Powder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good for those that wheese much, or are short winded. It provoketh Urine also, and Womens Courses, and killeth the flat and broad Worms in the Belly. The Powder of the Root doth wonderfully help to dry up the moisture of sores that are hard to be cured, and taketh away all spots and blemishes of the Skin. It were well if Gentlewomen would keep this Root preserved to help their poorneighbours. It is fit the Rich should help the Poor, for the Poor cannot help themselves.

Plague, Epidemical Diseases, Poyson. Mother, Wheezing, difficulty of Breathing, Dysurie, Urine, provokes, flat and broad Worms, Blemishes of the Skin.

The Bur-dock.

They are also called *Persona Bardanara*, and *Lappa Major*, great Bur-dock, and Clot-bur. It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any Description of it.

Place.] They grow plentifully by Ditches, and Water-sides, and by the Highways, almost every where through this Land.

Government and Vertues. Venus challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it falls out; or downwards in fits of the Mother, by applying it to the Soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guide for Women*.

*Cools, Dries, ulcers Sores
Flegm, Sinews, Arteries,
Venomous Beasts, Mad-
Dogs, Dysury, Bladder,
Sciatica, Burning Sores,
Cankers Consumption,
Stone, Flux.*

The Bur Leaves are cooling, moderately drying, and dissolving withal, whereby it is good for old Ulcers and Sores. A dram of the Root taken with Pine Kernels helpeth them that spit Foul, Mattery and Bloody Flegm. The Leaves applyed on the places troubled with the shrinking of the Sinews or Arteries, give much ease. The Juyce of the Leaves, or rather the Roots themselves given to drink with

old Wine, doth wonderfully help the bitings of any Serpents: And the Root beaten with a little Salt and laid on the place, suddenly easeth the pain thereof, & helpeth those that are bit with a Mad-Dog. The Juyce of the Leaves taken with Honey provoketh Urine, and remedieth the pain of the Bladder. The Seed being drunk in Wine forty dayes together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with Fire, taketh out the Fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting Sore or Canker, stayeth the coroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs grease, Nitre and Vinegar boyled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone, and the Lask. The Seed is much commended to break the Stone, and causes it to be expelled by Urine, and is often used with other Seeds, and things to that purpose.

Cabbages and Coleworts.

I Shall spare a labour in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledge, they being generally so well known. that Descriptions are altogether needless.

Place.] These are generally planted in Gardens.

Time. Their flowering time is towards the middle or end of July, and the Seed is ripe in August.

Government and Vertues.] The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The Juyce thereof drunk in Wine, helpeth those that are bitten by an Adder, and the Decoction

*Venomous Beasts, Terms
provokes, Hoarsness.*

of the Flowers bringeth down Womens Courses, being taken with Honey, it recovereth Hoarsness or loss of the Voice. The often eating of them well boyled, helpeth those that are entering

entring into a Consumption. The Pulp of the middle Ribs of Coleworts boyled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are purlie and short Winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and the obstructions of the Liver and Spleen, and the Stone in the Kidneyes. The Juyce boyled with Honey, and dropped in the corner of the Eye cleareth the sight by consuming any Film or Cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended being eaten before Meat to keep one from Surfeiting, as also from being drunk with too much Wine, or quickly make a man sober again that is drunk before. For, (as they say) There is such an Antipathy or enmity between the Vine and the Colewort, that the one will dye where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm. It helpeth also old and filthy Sores being bathed therewith and healeth all small Scabs, Pulses and Wheales that break out in the Skin. The ashes of Colewort-stalks mixed with old Hogs-grease, are very effectual to anoint the Sides of those that have had long pains therein, or any other place pained with Melancholy and Windy Humours. This was surely *Chrysippus* his God, and therefore he wrote a whole Volume of them and their Vertues, and that none of the least neither, for he would be no small Fool, he appropriates them to every part of the Body, and to every Disease in every part: And honest old *Cato* (they say) used no other Physick. I know not what mettels their Bodies were made of, this I am sure Cabbages are extreme windy, whether you take them as Meat or as Medicine, yea, as windy Meat as can be eaten unless you eat Bag-Pipes or Bellows, and they are but seldom eaten in our dayes, and Colewort-flowers are something more tolerable, and the wholesomer Food of the two. The Moon challengeth the Dominion of the Herb.

Consumptions, Obstructions, Stone, Sigh, Canker, Surfeits, Swellings, Gout, Sores, Scabs, Wheals, Melancholy, Wind.

The Sea Colewort.

Descript.] **T**His hath divers somewhat long and broad, large thick wrinkled Leaves, somewhat crumpled about the edges, growing each upon a several thick foot-stalk, very brittle, of a graish green colour, from among which riseth up a strong thick-stalk two foot high and better, with some Leaves thereon to the top, where it branches forth much; and on every Branch standeth a large Bush of pale whitish flowers, consisting of four Leaves a peice: The Root is somewhat great, and shooteth forth many branches under ground, keeping the green Leaves all the Winter.

Place.] They grow in many places upon the Sea-coasts, as well on the Kentish as Essex shores; as at Lid in Kent, Colchester in Essex, and divers other places and in other Countries of this Land.

Time.] They flower and seed about the time that other kinds do.

Government and Vertues.] The Moon claimeth the Dominion of these also. The breth or first Decoction of the Sea Colewort, doth by the sharp, nitrous, and bitter qualities therein, open the Bellies and Sores, Wounds, Ulcers, Swellings Inflammations. purge the Body, it cleareth and digesteth more powerfully than the other kind: The Seed hereof bruised and drunk, killeth Worms. The Leaves or the Juice of them applyed to Sores or Ulcers cleareth and healeth them, and dissolveth Swellings and taketh away Inflammations.

Caia mint, or Mountain-Mint.

Description.] **T**his is a small herb, seldome rising above a foot high with square, beary, and woody stalks, and two small hoary Leaves set at a joyn, about the bigness of Marjoram; or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole herb is; The Flowers stand at several spaces of the stalks, from the middle almost upwards, which are small and gay like to those of Mints, and of a pale bluish colour: After which follow small, round, blackish seeds. The Root is small and woody, with divers small sprigs spreading within the ground, and dieth not, but abideth many years.

Place.] It groweth on Heaths and upland dry grounds, in many places of this Land.

Time.] They flower in July and their Seed is ripe quickly after.

Government and Vertues.] It is an Herb of Mercury, and a strong one too therefore excellent good in all affections of the Brain, the Decoction of the Herb being drunk, bringeth down Womens Courses, and provoketh Urine. It is profitable for those that are bursten, or troubled with Convulsions or Cramps, with shortness of Breath, or Cholerick torments and pains in their Bellies and Stomachs. It also helpeth the yellow Jaundice, and stayeth Vomitting being taken in Wine taken with Salt and Honey. It killeth all manner of Worms in the Body. It helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied. It hindreth Conception in Women. But

either burned or stued in the Chamber, it driveth away venomous Serpents. It takes away black and blew marks in the Face, & maketh black Scars become well coloured, if the green Herb (not the dry) be boyled in Wine, and laid to the place, or the place washed therewith. Being applyed to the Hucklebone, by continuance of time it spendeth the humours which cause the pain of the Sciatica. The Juice being dropped into the Ears, killeth the worms in them. The Leaves boyled in Wine, and drunk, provoke Sweat and open Obstructions of the Liver and Spleen. It helpeth them that have a Tertian Ague (the Body being first purged) by taking away the cold Fits. The Decoction hereof with some Sugar put thereto afterwards, is very profitable for those that be troubled with the

over-flowing of the Gall, and that have an old Cough, and that are scarce able to Breathe by shortness of their Wind. That have any cold distemper in their Bowls, and are troubled with the hardness of the Spleen, for all which purposes, both the Powder called *Diacalaminites*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual. Let not Women be too busie with it, for it works very violent upon the Femialue part.

Gall. Cough, Bowels, Spleen.

Chamomel.

IT is so well known every where, that it is but lost time and labour to describe it. The vertues thereof are as followeth:

A Decoction made of Chamomel, and drunk, taketh away all pains and Stitches in the Sides. The Flowers of Chamomel beaten, and made up into Balls with Oyl, drive away all sorts of Agues, if the party grieved be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterward laid to sweat in the Bed, and that he sweat well. This is *Nicheffor* an *Aegyptian's* Medicine. It is profitable for all sorts of Agues that come either from Flegm of Melancholy, or from an Inflammation of the Bowels, being applyed when the humours causing them shall be concocted; and there is nothing more profitable to the Sides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel, taketh away Weariness, easeth pains to what part of the Body soever they be applyed. It comforteth the Sinews that are over-strained, mollifieth all swellings: it moderately comforteth all parts that have need of warmth, digesteth & dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth all the pains of the Cholick and Stone, and all pains and torments of the Belly, and gently provoketh Urine. The Flowers boyled in posset-drink provoke Sweat, and help to expel Gold, Aches and pains whatsoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juyce of Chamomel with the Flowers and White Wine, is a Remedy against the Jaundice and Dropfie. The Flowers boyled in the Lye, are good to wash the Head and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel is much used against all hard Swellings pains or Aches, shrinking of the Sinews, or Cramps, or pains of the Joynts or any other part of the Body. Being used in Clysters, it helps to dissolve Wind and pains in the Belly; anointed also, it helpeth Ritches and pains in the Sides.

Stitches in the Side, Agues, Liver, Spleen, Weariness, Finnewes, Swelling Colick, Stone, Belly ach Cold, ych, Jaundice, Dropfie, Brain, Cramp, Stitch in the Side.

Nicheffor saith, The *Aegyptians* dedicate it to the Sun, because it cured Agues; and they were like enough to do it, for they were the arrented Apes in their Religion as ever I read of. *Bacchimus*, *Pena*, and *Lobol* commend the Syrup made of the Juyce of it and Sugar taken inwardly, to be excellent for the Spleen. Also this is certain, That it most wonderfully breaks the Stone: some

take it in Syrup or Decoction, others inject the Juyce of it into the Bladder with a Syringe: my opinion is, That the Salt of it taken half a dram in the morning in a little White or Rhenish Wine, is better than either, that it is excellent for the Stone, appears in this, which I have seen tryed, viz. That a stone that hath been taken out of the Body of a Man being wrapped in Camomil, will in time dissolve and in a little time too.

Water-Caltrops.

They are called also *Tribulus Aquaticus*, *Tribulus Lacustris*, and *Tribulus Marinus*, *Calibrops*, *Saligot*. Water-Nuts, and Water-Chestnuts.

Descrip.] As for the greater sort, or Water-Caltrop, it is not found here, or very rarely. Two other sorts there are, which I shall here describe. The first hath a long, creeping and joynted Root, sending forth tufts at each joynt, from which joynts arise long, flat, slender, knoted stalks, even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn, the flowers are long, thick and whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp pointed grains altogether, containing a small white Kernel in them.

The second differs, not much from this, save that it delights in more clear water; its stalks are not flat, but round; its Leaves are not so long, but more pointed: as for the place we need not determine, for their name sheweth they grow in the water.

Government and v. rtiues.] They are under the Dominion of the Moon, and being made into a Pultis, are excellent good for hot Inflammations, Cankers, Mouth, Throat, Gums, al- Inflammations and Swellings, Cankers, sore Mouths and Throats, being walshed with the Decoction, it monds of the Ears, Kings cleanseth and strengtheneth the Neck and Throat Evil, Stone, Gravel, Ve- much, and helps those swellings which when people have, they say, the Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings-Evil; they are excellent good for the Stone and Gravel, especially the Nuts being dryed; they also resist Poyson, and biting of Venomous Beasts.

Campions Wild.

Descrip.] **T**he wild white Campion hath many long, and somewhat broad dark green Leaves lying upon the ground, with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long: The hairy stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and two such like Leaves thereat up to the top, sending forth branches at several joynts also; all which bear on several foot stalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the end un-

to the middle, making them seem to be two a piece, smelling somewhat sweet, and each of them standing in large green striped hairy Husks. Large and round below next to the stalk: The seed is small and grayish in the hard Heads that come up afterwards. The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leades are not so plainly ribbed, somewhat shorter rounder, and more woody in handling. The Flowers are of the same form and bigness; but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which make the Leaves seem more in number than the other. The Seed and the Roots are alike, the Roots of both sorts abiding many years.

There are forty five kinds of Campions more, those of them which are of Physicall uses having the like vertues with these above described, which I take to be the two chiefeſt kinds.

Place.] They grow commonly through this Land by Fields, and Hedges, and Ditches.

Time.] They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues.] They belong unto Saturn, and it is found by experience that the Decoction of the Herb either in White or Red being drunk, doth stay inward Bleeding, and applied outwardly it doth the like: and being drunk, helpeth to expel the Urine being stopp'd, and Gravel and Stone in the Reins or Kidneys. Two drams of the Seed drunk in Wine, purgeth the Body of Cholerick humours, and helpeth those that are stung by Scorpions, or other Venomous Beasts; and may be as effectual for the Plague: It is a very good use in old Sores, Ulcers, Cankers, Fistulaes, and the like, to cleanse and heal them by consuming the moist humors falling into them and correcting the putrifaction of humours offending them.

Bleeding inward and outward, Dysury, Gravel, Choler, venomous Beasts, Plague, Sores, Ulcers, Cankers, Fistulaes.

Carduus Benedictus.

It is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the Name was put upon it by some that had little holiness in themselves.

I shall spare a labour in writing a Description of this, sith almost every one that can but write at all, may describe them for his own knowledge.

Place.] It groweth plentifully in Gardens.

Time.] They flower in August, and seed not long after.

Government and Vertues.] It is an Herb of Mars and under the Sign Aries. Now in handling this Herb, I shall give you a Rational Pattern of all the rest; and if you please to view them throughout the Book you shall, to your content, find it true. It helps Vertigo, Yellow Jaundice, swimings and giddiness of the Head, or the Disease called Vertigo, because Aries is the House of Mars. It is an excellent Remedy against the Yellow Jaundice, and other Infirmities of the Gall, because

Attractive faculty, Tetters Rings-worms Plague sores boyls,itch, mad-dogs Venomous Beasts, French-Pox, strengithens Memory, Deafness, quartan Agues adust Chol.r, Urine.

Mars goverus Choler. It strenghtens the Attractive Faculty in Man, and clarifies the Blood, because the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms, because *Mars* causeth them. It helps Plague-sores, Boyls and Itch, the Bitings of Mad-Dogs and venomous Beasts, all which Infirmities are under *Mars*; thus you see what it doth by Sympathy.

By Antipathy to other Planets. It cures the French-Pox, by Antipathy to *Venus* who governs it. It strenghtens the Memory, add cures Deafness by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. It cures Quartan Agues and other Diseases of Melancholy and adust Choler, by Sympathy to *Saturn* *Mars* being exalted in *Capricorn*. Also it provokes Urine, the stopping of which is usually caused by *Mars* or the Moon.

Carrets.

Garden Carrets are so well known that they need no Description; but because they are of lesser Physical use than the wild kind (as indeed almost in all Herbs, the Wild are most effectual in Physick, as being more powerful in Operation than the Garden kinds,) I shall therefore briefly describe the wild Carret.

Description. It groweth in a manner altogether like the Tame, but that the Leaves and stalks are somewhat whiter and rougher, The stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contrasted together when the seep begins to ripen, but the middle part being hollow and low, and the outward stalks rising high makes the whole umbel to shew like a Birds nest. The Root is small, long and hard, unfit for meat, being somewhat sharp and strong.

Place. The Wild kind groweth in divers parts of this Land plentifully by the Fields sides, and untilld places.

Time. They flower and seed in the end of Summer.

Government and Vertues. Wild Carrets belong to *Mercury*, and therefore break Wind, and remove Stitches in the Sides, provoke Urine, and Womens Courses, and helpeth to break and expel the Stone: The Seed also of the same worketh the like effect, and is good for the Dropsie, and those whose Bellies are swollen with Wind; helpeth the Cholick, the Stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boyled in Wine and taken it helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers do cleanse them.

I suppose the Seeds of them perform this better than the Roots; and though *Galen* commend Garden Carrots highly, to break wind; yet experience teacheth that they breed it first, and we may thank Nature for expelling it, not they: The Seeds of them expel wind indeed, and so mend what the Root marreth.

Caraway

Caraway.

Descript.] **I**T beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Garrets, but not bushing so thick, of a little quick taste in them, from among which riseth up a square stalk, not so high as the Carrot, at whose joints are set the like Leaves, but smaller and sifter, and at the top small open tufts or umbles of white flowers, which turn into small blackish seed smaller than the Annis-seed, and of a quicker and better taste. The Root is whitish, small and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than the Parsnip, and abideth after Seed time.

Place.] It is usually sown with us in Gardens.

Time.] They flower in June and July, and seed quickly after.

Government and Vertues.] This is also a Mercurial plant. Caraway-seed hath a moderate sharp quality, whereby it breaketh Wind, and provoketh Urine, which also the Herb *Wind, Dysury Indigestion,* doth. The Root is better food than the Parsnip, *Head, Stomach, Bowels,* and is pleasant and comfortable to the Stomach, *Mother, black and blue* helpeth Digestion. The Seed is conducing to all the *Spots, Bruise, Colick,* cold griefs of the Head and Stomach, the Bowels, or Mother, as also the wind in them, and helpeth to sharpen the Eye-sight. The Powder of the Seed put into a Pultis, taketh away black and blew spots of Blows and Bruises. The Herb it self, or with some of the Seed bruised and fryed, laid hot in a bag or double cloath, to the lower parts of the Belly, easeth the pains of the Wind-Cholick.

The Roots of Caraways eaten as Men eat Parsnips, strengthen the Stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Caraway Confects, once only dipped in Sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable Remedy for the fe that are troubled with Wind.

Celandine.

Descript.] **T**H's bark divers tender, round, whitish green Stalks, with greater Joints than ordinary in other Herbs, as it were Knees very brittle and easie to break, from whence grow Branches with large, tender, long, Leaves, much divided into many parts, each of them cut in on the edge, set at the Joints on both sides of the Branches, of a dark blewish green colour, on the upper side like Columbinas, and of a more pale blewish green underneath, full of a yellow Sap, when any part is broken of a bitter taste, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow Flowers of four Leaves a piece, after which come small long Pods, with blackish seed therein. The Root is somewhat great at the head, shooting forth divers long Roots and small Strings, reddish on the out-side, and yellow within, full of a yellow Sap therein.

Place.]

Place.] It groweth in many places by old walls, by the Hedges and Way-sides in untilled places; and being once planted in a Garden, especially in some shady places, it will remain there.

Time.] They flower all the Summer long, and the seed ripeneth in the mean time.

Government and Vertues.] This is an Herb of the Sun, and under the Coelestial Lion, and is one of the best Cures for the Eyes that is, All that know any thing in Astrology, know as well as I can tell them, that the Eyes are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries, applying to his Trine: let Leo arise, then may you make it into an Oyl or Ointment which you please, to anoint your sore Eyes withal: I can prove it both by my own experience, & the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine. And then, I pray, is not this far better than endangering the Eyes by the Art of the Needle? For if this do not absolutely take away the Film, it will so facilitate the work, that it may be done without danger. The Herb or Roots boyled

Obstructions of the Liver and Gall, Yellow Jaundice, Dropsie, Pestilence, Eyes ulcers, tetters, Ring-worms, Cancers, Warts, Belly, Bowles, Mother, Worms, Terms, Stops, Tooth-ach, Itch, Beauty lost.

ed in white Wine and drunk, a few Anniseeds being boyled therewith openeth Obstructions of the Liver and Gall helpeth the Yellow Jaundice; and often using it helps the Dropsie and the Itch, and those that have old Sores in their Legs, or other parts of the Body. The Juyc thereof taken fasting, is held to be of singular good use against the Pestilence. The distilled Water with a little Sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the

same effect. The Juyc dropped into the Eyes cleanseth them from Films and Cloudiness which darken the sight, but it is best to allay the sharpness of the Juyc with a little Breast-Milk: It is good in old filthy, coroding, creeping Ulcers wheresoever, to stay their malignity of fretting and running, and to cause them to heal more speedily: The Juyc often applied to Tetters Ring-worms or other such like spreading Gankers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruised and heated with Oyl of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens Breasts, stayeth the overmuch flowing of their Courses. The Juyc or Decoction of the Herb gargled between the teeth that ach, easeth the pain, and the Powder of the dried Root laid upon an aching, hollow, or loose tooth will cause it to fall out. The Juyc mixed with some Powder of Brimstone, is not only good against the Itch, but taketh away all discolourings of the Skin whatsoever: and if it chance that in a tender Body it causeth any Itching or Inflammations, by bathing the place with a little Vinegar it is helped.

Another ill-favoured trick have Physitians got to use to the Eye, and that is worse than the Needle; which is, to eat away Films by corroding or gnawing Medicines. This I absolutely protest against

1. Because the Tunicles of the Eye are very thin, and therefore ſoon eaten aſunder.

2. The *Callus* or Film that they would eat away, is ſeldom of an equal thickneſs in every place, and then the Tunicle may be eaten aſunder in one place, before the Film be conſumed in another, and ſo be a readier way to extinguiſh the fight, than to reſtore it.

It is called *Cbelidonium* from the Greek Word *χελιδων*, which ſignifies a ſwallow, becauſe they ſay, that if you pick out the Eyes of young Swallows when they are in the Neſt, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, that if you mar the very Apple of their Eyes with a Needle, She ſhall recover them again, but whether with this Herb or not I know not.

Alſo I have read (and it ſeems to me ſomewhat probable) that the Herb being gathered as I ſhewed before, and the Elements drawn apart from it, by the Art of the Alchymiſt, and after they are drawn apart, rectified, the earthy quality, ſtill in rectifying them, added to the *Terra damnata*, (as Alchymiſts call it) or *Terra Sacraſſima* (as ſome Philoſophers call it.) The Elements ſo rectified are ſufficient for the Cure of all Diſeaſes, the humor offending being known, and the contrary Element given: It is an experience worth the trying and can do no harm.

The leſſer Celandine uſually known by the name of Pilewort and Figwort.

Wonder what aileth the Ancients to give this the Name of *Celandine*, which reſembles it neither in nature nor form: It acquired the name of *Pilewort* from its Vertues, and it being no great matter where I ſet it down, ſo I ſet it down at all. I humoured Dr. *Tradition* ſo much as to ſet it down here.

Description.] This Celandine then, or Pilewort (which you pleaſe) doth breed many round pale green leaves, ſet on weak and trailing branches, which lie upon the ground, and are flat, ſmooth and ſomewhat ſhining, and in ſome places (though ſeldom) marked with black ſpots, each ſtanding on a long foot ſtalk among which riſe ſmall yellow flowers, conſiſting of nine or ten ſmall narrow Leaves, upon ſlender foot ſtalks very like unto a Crows foot, whereunto the ſeed alſo is not unlike, being many ſmall ones ſet together upon a head. The Root is made of many ſmall Kernels, like a grain of Corn, ſome twice as long as others, of a whiſh colour, with ſome fibres at the end of them.

Place.] It groweth for the moſt part in moiſt corners of Fields, and places that are near Water ſides, yet will abide in dryer grounds, if they be but a little ſhadowed.

Time.] It flowreth betimes about March or April, is quite gone in May, ſo as it cannot be found till it ſpring again.

Government and Vertues.] It is under the Dominion of Mars: and behold here another Verification of that Learning of the Antients, viz. that the Vertue of an Herb may be known by its ſignature, as plainly appears in this; for if you dig up the Root of it, you ſhall perceive the perfect Image of that Diſeaſe which

which they commonly call the Piles. It is certain by good experience, that the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as also Kernels by the Ears and Throat, called the Kings-Evil or any other hard Wens or Tumours.

Here's another Secret for my Country-Men and Women a couple of them, together: Pilewort made into an Oyl, Oinament, or Plaister readily cures both the Piles or Hemorrhoids, and the Kings-Evil: the very Herb born about ones Body next the Skin, helps in such Diseases, though it never touch the place greived: let poor people make much of it for these uses, with this I cured my own Daughter of the Kings-Evil, broke the Sore drew out a quarter of a Pint of Corruption, cured it without any Scar at all, and in one Weeks time.

The Ordinary small Centaury

Description.] *This groweth up most usually but with one round and somewhat crested stalk, about a foot high or better, branching forth at the top into many strings, and some also from the joints of the stalks below: The flowers that stand at the tops as it were in one umbel or tuft, are of a pale red, tending to a carnation colour, consisting of five sometimes six small Leaves, very like those of St. John's wort, opening themselves in the daytime and closing at night, after which come seed in little short Husks, in form like unto Wheat Corns: The Leaves are small and somewhat round, The Root small and hard, perishing every yeare. The whole Plant is of an exceeding bitter tast.*

There is another sort in all things like the former, save only it beareth white Flowers.

Place.] They grow ordinarily in Fields pastures and Woods; but that with the white Flowers not so frequently as the other.

Time.] They Flower in July or thereabouts; and seed within a Moneth after.

Government and Vertues.] They are all under the Domision of the Sun, as appears, in that their Flowers open and shut as the Sun sheweth or hideth his face. This Herb boyled and drunk, purgeth Cholerick and gross Humors, and helpeth the Scitica: it openeth Obstructions of the Liver, Gall, and Spleen, helping the jaundice, and easing the pains in the Sides and hardness of the Spleen, used outwardly, and is given with very good effect in Agues. It helpeth those that have the Dropfie, or the Green-Sickness, being much used by the *Italians* in Powder for that purpose. It killeth the Worms in the Belly, as is found by experience. the Decoction thereof (*viz*) the tops of the stalks with the Leaves and Flowers, is good against the Cholick, and to bring down Womens Courses, helpeth to avoid the Dead Birth

Choler, Sicatica, Obstructions of the Liver, Gall, Spleen, Agues, Dropfie, Green Sickness, Cholick, Terms provokes.

Birth, and easeth pains of the Mother, and is very effectual in old pains of the Joynts, as the Gout, Cramps or Convulsions. A dram of the powder thereof taken in Wine, is a wonderful good help against the Biting and poyson of an Adder. The Joyce of the Herb with a little Honey put to it, is good to clear the Eyes from dimness, mists & clouds that offend or hinder the Sight: it is singular good both for green and fresh Wounds, as also for old Ulcers and Sores, to close up the one and cleanse the other, and perfectly to cure them both, although they be hollow or Fistulous: the green Herb especially being bruised and laid thereto. The Decoction thereof dropped into the Ears cleanseth them from Worms, cleanseth the foul Ulcers, and spreading Scabs of the Head, and taketh away all Freckles, Spots, and Marks in the Skin, being washed with it; The Herb is so safe you cannot fail in the using of it, only giving it inwardly for inward Diseases: use it outwardly for outward Diseases: 'Tis very wholesome but not toothsome.

There is besides these another small Centaury, which beareth a yellow Flowers in all other respects it is like the former, save that the Leaves are bigger and of a darker green, and the stalk passeth through the midst of them, as it doth in the Herb *Theromax*. They are all of them as I told you under the Dominion of the Sun, yet this, if you observe it, you shall find an excellent truth; in Diseases of Blood, use the red Centaury; If of Choler use the yellow; but if of Flegm or Water, you will find the white best.

The Cherry Tree.

I Suppose there are few but know this Tree, for his Fruits sake and therefore I shall spare writing a Description thereof.

Place.] For the place of its growth, it is afforded room in every Orchard.

Government and Vertues.] It is a Tree of *Venus*. Cherries as they are of different tastes, so they are of divers qualities: The sweet pass through the Stomach and Belly more speedily, but are of little nourishment: the tart or sour are more pleasing to an hot Stomach, procuring Appetite to Meat, and help to cut tough Flegm, and gross Humors: but when these are dried, they are more binding the Belly than when they are fresh, being cooling in hot Diseases, and welcom to the Stomach, and provoke Urine; The Gum of the Cherry Tree dissolved in Wine, is good for a cold Cough, and hoarseness of the Throat, mendeth the colour in the Face, sharpneth the Eye-sight, provoketh Appetite, and helpeth to break and expel the Stone: the black Cherries bruised with the Stones, and dissolved, the Water thereof is much used to break the Stone, expel Gravel and Wind.

Apetite lost, Flegm, gross Humours cool, growne Urine, Cough, Hoarseness, Sight, Gravel, Wind.

Winter-Cherries.

Descript.] **T**he Winter Cherry hath a running or creeping Root in the ground of the bigness manytimes of ones little finger, shooting forth several joynts in several places, whereby it quickly spreadeth a great compass of ground, the stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade, but larger; at the joynts where come forth whitish flowers made of five Leaves apiece, which after turn into green Berries enclosed with thin skins, which change to be reddish when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, where are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year, to be used upon occasion.

Place.] These grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time.] They flower not untill the middle or latter end of July, and the Fruit is ripe about the end of August, or beginning of September.

Government and vertues.] This also is a Plant of Venus. They are of great use in Physick: The Leaves being cooling, may be used in Inflammations,

Inflammations, Dysury, Stone. Gravel, Ulcers in the Reins and Bladder. pissing Blood, sharpness of Urines. A precious Receipt.

but not opening as the Berries and Fruit are, which by drawing down the Urine, provoke it to be voided plentifully when it is stopped, or grown hot, sharp and painful in the passage: it is good also to expel the Stone and Gravel out of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and voiding it by Girt or Gravel sent forth in the Urine: it also helpeth much to cleanse inward Imposthumes or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urine. The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry distilled with a little Milk, and drunk morning and evening with a little Sugar is effectual to all the purposes afore specified, and especially against the heat & sharpness of the Urine. I shall only mention one way amongst many others, which might be used for ordering the Berries to be helpful for the Urine and the Stone, which is thus: Take three or four good handfuls of the Berries, either green or fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new Tunned up: This Drink taken daily, hath been found to do much good to many: both to ease the pains, and expel Urine, and the Stone, and to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water, is the most usual way; but the Powder of them taken in Drink, is more effectual.

Chervil

It is called Cerefolium, Mirrhis, and Mirrha, Chervil, sweet Chervil, and sweet Cicely.

Descript.] The Garden Chervil doth at first somewhat resemble Parsley, but

ier it is better grown, the Leaves are much cut in and jagged, resembling Hemlock, being a little hairy, and of a whitish green colour, sometimes turning red-
ish in the Summer with the stalks also: It riseth a little above half a foot high,
bearing white Flowers in spiked tufts, which turn into long and round seeds
pointed at the ends, and blackish when they are ripe, of a sweet tast, but not
small, though the Herb it self smelleth reasonable well: The Root is small and
long, and perishing every year, and must be sown anew in the spring for seed,
or after July for Autumn Sallet.

The Wild Chervil groweth two or three foot high, with yellow stalks and
leaves, set with broader and more hairy Leaves, divided into sundry parts, nick-
ed about the edges, and of a dark green colour; which likewise grow red-
dish with the stalks; at the tops whereof stand small white tufts of Flow-
ers, and afterwards smaller and longer seed: The Root is white, hard, and
enduring long. This hath little or no scent.

Place.] The first is sown in Gardens for a Sallet Herb; The second grow-
eth wild in many of the Meadows of this Land, and by the Hedge-sides, and
in Heaths.

Time.] They flower and seed early, and thereupon are sown again in the
end of Summer.

Government and Vertues] The garden Chervil being eaten doth moderately
warm the stomach, and is a certain Remedy (saith
Ragus) to dissolve congealed or clotted blood in the Stomach, clotted Blood,
Body, or that which is clotted by Bruises, Falls, &c. Bruises, Falls, Dysury,
the Juyc or distilled Water thereof being drunk, Stone, Pleurifies Sides.
and the bruised Leaves laid to the place, being taken
either in meat or drink, it is held good to provoke Urine, or expel the Stone
in the Kidneys, to send down Womens Courses, and to help the Pleurisie
and pricking of the sides.

The Wild Chervil bruised and applied, dissolv-
eth Swellings in any part of the Body, and taketh Swelling, black and blew
away the spots and marks of congealed Blood by Spots.
Bruises or Blows in a little space.

Sweet Chervil, or Sweet Cicely.

Descript.] **T**His groweth very like the greater Hemlock, having large spread
Leaves cut into divers parts, but of a fresher green colour than
the Hemlock. tasting as sweet as the Anniseed. The stalk riseth up a yard high
or better, being crested or hollow, having the Leaves at the joynts, but lesser;
and at the tops of the branched stalks, umbles or tufts of white flowers; after
which come large and long crested black shining seed, pointed at both ends, tast-
ing quick, yet sweet and pleasant. The Root is great and white, growing deep in the
ground, and spreading sundry long branches therein, in tast and smell stronger than
the Leaves or Seed, and continuing many years.

Place.] This groweth in Gardens.

Government and Vertues.] These are all three of them of the Nature of Fu-
piter

piter, and under his Dominion. This whole Plant, besides its pleasantness in Sallats, hath his Physical Vertues. The Root boyled and eaten with Oyl and

Cold Stomach, Wind, Flegm, Lungs, Piffick, Pestilence, Terms provoked, After-birth, Appetite lost, Ulcers, Epidemical Diseases.

Vinegar (or without Oyl) doth much please and warm old and cold Stomachs, oppressed with Wind or Flegm, or those that have the Piffick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague: it provoketh Womens Courses, and expelleth the After-birth, procureth an Appetite to Meat, and expelleth Wind. The Juice is good to heal the Ulcers of the

Head and Face. The candid Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak Stomach: it is so harmless you cannot use it amiss.

Cheef-nut Tree.

IT were as needles to describe a Tree so commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, & yield commendable nourishment to the Body; yet if eaten overmuch, they make blood thick, procure Head-ach, and bind the Body: the inner skin that covereth the Nut, is of so binding a quality, that a

Flux Terms stops, Cough Spitting Blood.

Scruple of it being taken by a Man, or ten grains by a Child, soon stops any Flux whatsoever: the whole Nut being dried and beaten into powder, and a dram taken at a time, is a good remedy to stop the Terms

in Women. If you dry Chesnuts and beat them into powder, (only the Kernel I mean) both the Barks being taken away, beat them into powder, and make the Powder into an Electuary with Honey, so have you an admirable Remedy for the Cough and Spitting.

Earth-Chesnuts.

They are called *Earth-Nuts, Earth-Chesnuts, Ground-Nuts, Ciper-Nuts*, and we in *Suff-x* call them *Pig-Nuts*. A Description of them were needless, for every Child knows them.

Government and Vertues. They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly and stir up those Sports she is Mistress of; the Seed is excellent good to provoke Urine, and so also is the Root, but it doth not perform it so

Lust, provokes Dysury, Spitting Blood, Pissing blood.

forcibly as the Seed doth. The Root being dried

and beaten into powder, and the powder made into an Electuary is as singular a Remedy for Spitting and Pissing blood, as the former Chesnuts was for Coughs.

Chickweed.

[It is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, sith but on ly two or three are considerable for their usefulness.

Place.] They are usually found in moist and watry places, by Wood sides, and elsewhere.

Time.] They flower about June, and their seed is ripe in July.

Government and Vertues.] It is a fine soft pleasing Herb, under the Dominion of the Moon. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for Meat only. The Herb bruised, or the Juice applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry, to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Imposthumes and Swellings whatsoever; for all redness in the Face, Wheales, Pustles, Itch Scabs; the Juice either simply used, or boyled with Hogs-grease and applied, the same helpeth Cramps, Convulsions and Palsie. The Juice or distilled Water is of much good use for all heat and redness in the Eyes to drop some thereof into them: as also into the Ears to ease pain in them; and is of good effect to ease pains; the heat and sharpness of Blood in the Piles, and generally all pains in the Body that arise of heat. It is used also in hot and virulent Ulcers and Sores in the Privy Parts of Men or Women, or on the Legs, or elsewhere. The Leaves boiled with Marsh-mallows, and made into a Pultis with Eoenugreek and Linseed, applied to Swellings or Imposthumes, ripen and break them, or (wage the Swellings, and ease the Pains. It helpeth the Sirews when they are shrunk by Cramps, or otherwise, and to extend and make them plyable again by this Medicine; Boll an handful of Chick-weed and a handful of red Rose leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oil of Trotters or Shep-seet; let them boile a good while, still stirring thsai well, which being strained anoiat the grived place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods Blessing it will help it in three times dressing.

Hot Liver, Aposthumes, Swellings, Red Face, Wheals, Pustles, Itch, Scabs, Cramp, Convulsion, Palsie, Red Eyes, Hemorrhoids, Ulcers, Sinews

Cich-Pease, or Cicers.

Description.] The Garden sorts, whether red, black, or white, bring forth Staks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joints come forth one or two Flowers upon short Foot-stalks Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small, thick and short.

H

Pods

Pods, wherein lie one or two Pease more usually, a little pointed at the lower end, and almost round at the Head, yet a little corner'd or sharp; the Root is small, and periseth yearly.

Place and Time.] They are sown in Gardens, or the Fields as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

Government and Vertues.] They are both under the Dominion of *Venus*. They are no less windy than Beans, but nourish more, they provoke Urine, and are thought to encrease Sperm, they have a cleansing Faculty, whereby they break the Stones in the Kidneys. To drink the Cream of them being boiled in Water, is the best way, It moveth the Belly downwards, provoketh Womens Courses and Urine, encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French-Barly, and a small

handful of Marsh-Mallow Roots, clean washed and cut, being boyled in the Broath of a Chicken, and four ounces taken in the Morning, and fasting two hours after, is a good Medicine for a Pain in the Sides. The white Cicers used more for Meat than Medicine, yet have they the same effect, and are thought more powerful to encrease Milk and Seed. The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat & dryness, whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting and dissolving, and this more speedily and certainly than the former.

*Cinquesoyl, or Five-leaved-Grass; Called, in some Countries
Five-finger'd-Grass.*

Descript.] It spreadeth and creepeth far upon the ground, with long slender strings like Straw-Berries, which take Root again and shoot forth many Leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The Stalks are slender, leaning downwards and bears many small yellow Flowers thereon, with some yellow thrids in the middle standing about a smooth green head; which when it is ripe, is a little rough, and containeth small brownish Seeds. The Root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some thrids thereat: and by the small strings it quickly spreadeth over the ground.

Place.] It groweth by Wood-sides, Hedge-sides, the Path-way in Fields, and the borders and corners of them almost through all this Land.

Time] It flowreth in Summer, some soon, some later.

Government and Vertues.] This is an Herb of *Jupiter*, and therefore strengthens the parts of the Body it rules; let *Jupiter* be Angular and strong when it is gathered, and if you give but a scruple (which is but

twenty grains of it) at a time, either in White Wine, or White Wine Vinegar, you shall very seldom miss the Cure of an Ague, be it what Ague soever in three fits, as I have often Proved, to the Admiration both of my self & others; let no man despise it because it is plain and easie, the ways of God are all such. 'tis the ungodliness and impudency of man that hath made things hard, and hath (by so doing made sport for all the Devils in Hell, and grieved the good Angels; and when you read this, your own Genious, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs. It is an especial Herb used in all Inflammations and Feavers, whether infections or pestilential; or among other Herbs to cool and temper the Blood and Humors in the Body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cancers, Fistulae, and other corrupt, foul or running Sores. The Juice hereof drunk, about four ounces at a time for certain days together, cureth the Quinsie, and yellow Jaundice, and taken for thirty days together cureth the Fallings-sickness. The Roots boiled in Milk and drunk, is a most effectual remedy for all Fluxes in Man or Woman, whether the White or Red, as also the Bloody flux. The Root boiled in Vinegar, and the Decoction thereof held in the Mouth, easeth the pains of the Tooth-ach. The Juice or Decoction taken with a little Honey, helpeth the hoarseness of the Throat, and is very good for the Cough of the Lungs. The Distilled Water of both Roots and Leaves is also effectual to all the purposes aforesaid, and if the Hands be often washed therein, & suffered at every time to dry in of it self without wiping it will in short time help the Palsie, or shaking in them. The Root boiled in Vinegar, helpeth all Knots, Kernels, hard Swellings, and Lumps growing in any part of the Flesh, being thereto applied, as also all Inflammations, and St. Anthony's-fire, all Miposthumes, and painful Sores, with heat and putrefaction, the Shingles also, and all other sorts of running and foul Scabs, Sores and Itch. The same also boyled in Wine, and applied to any Joynts full of pain, ach, or the Gout in the hands or feet, or the Hip-gout called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pain in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both: as also for Bruises, or hurts by Blows, Falls or the like, and to stay the bleeding of Wounds in any part, inward or outward.

Agues;

Inflammations, Feavers, Pestilence, sore Mouth, Ulcers, Cancers, Fistulas Quinsie, yellow Jaundice Falling sickness, Flux, Terms stops, Whites, Bloody-flux, Toothach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh St. Anthony's-fire, Shingles, Scabs, Itch, Joynts pained, Sciatica, Ruptures, Gout, Bruises, Falls Bleeding.

*Some hold, That one Leaf cures a Quotidian, three a Tertian, and four a Quartan, Ague, and a hundred to one if be it not *Discorides*, for he is full of such warrants. The truth is, I never stood so much upon the number of the Leaves, nor whether I gave it in Powder or Decoction; If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering I never knew it miss the desired effect.

H 2

Cive

Cives.

CALLED also Ruſh-Leeks, Chives, Civet, and Sweth.
Temperature and Vertues.] I confeſſe I had not added theſe, had it not been for a Letter I received of a Country-Gentleman, who certified me. That amongſt other Herbs I had left theſe out; they are indeed a kind of Leeks, hot and dry in the fourth Degree as they are, and alſo under the Dominion of *Mars*: if they be eaten raw (I do not mean raw oppoſite to roaſted, or boiled, but raw oppoſite to Chymical Preparation) they ſend up very hurtful vapors to the Brain, cauſing troubleſome Sleep, and ſpoiling the Eye-ſight, yet of them prepared by the Art of the Alchymiſt, may *Dyſury*. be made an excellent Remedy for the Stoppage of Urine.

Clary, or more properly Cleer-Eye.

Diſcript.] **O**ur ordinary Garden Clary hath four ſquare ſtalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, ſomewhat evenly cut in on the edges, and of a ſtrong ſweet ſcent, growing, ſome near the ground, and ſome by couples upon ſtalks. The flowers grow at certain diſtances with two ſmall Leaves at the joynts under them, ſomewhat like unto the flowers of Sage: but ſmaller, and of a whitish blew colour. The ſeed is brownish, and ſomewhat flat, or not ſo round as the wild. The Roots are blackish, and ſpread not far and periſh after the ſeed time. It is uſually ſown, for it ſeldem riſeth of its own ſowing.

Place.] This groweth in Gardens.

Time.] It flowereth in *June* and *July*, ſome a little later than others, and their Seed is ripe in *Auguſt* or thereabouts.

Government and Vertues.] It is under the Dominion of the *Moon*. The Seed is uſed to be put into the Eyes to clear them from Motes, or other ſuch like things gotten within the Lids to offend them; as alſo to clear them from white or red ſpots in them. The Mucilage of the Seed made with Water, and applied to Tumors or Swellings, diſperſeth and taketh them away; as alſo draweth forth Splinters, Thoras, or other things gotten into the Fleſh. The Leaves uſed with Vinegar either by it ſelf, or with a little Honey, doth help hot Inflammations, as alſo Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The Powder of the dried Root put into the Noſe provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much uſe both for Men and Women that have weak Backs, to help to ſtrengthen the Reins: uſed either by it ſelf, or with other Herbs conducing

to the same effect, and in Tanfies often. The fresh Leaves dipped in a Batter of Flower, Eggs and a little Milk, and fried in Butter, and served to the Table is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk bringeth down Womens Courses, and expelleth the Afterbirth.

Afterbirth.

It is an usual course with many men when they hath gotten the running of the Reins, or Women the Whites, they run to the Bush of Clary, Maid, bring hither the Frying-Pan, fetch me some Butter quickly then for eating fryed Clary just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are much the better as though they had pissed in their shoes; nay, perhaps much worse.

We will grant that Clary strenghtens the Back; but this we deny, That the cause of the Running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may sometimes be weakened by them) and therefore the Medicine is as proper, as for me when my Toe is sore to lay a Plaister to my Nose.

Wild Clary.

Wild Clary is most blasphemously called Christs Eye, because it cures Diseases of the Eyes. I could wish from my very Soul, Blasphemy, Ignorance and Tyranny were ceased amongst Physicians, that they might be happy, and I joyful.

Description. It is like the other Clary, but lesser, with many stalks about a foot and a half high. The stalks are square and something hairy. The Flowers of a blewish colour. He that knows the common Clary, cannot be ignorant of this.

Place. It grows commonly in this Nation in barren places; you may find it plentifully if you look in the Fields near Grays-Inn, and the Field near Chelsey.

Time. They flower from the beginning of June, to the latter end of August.

Government and Vertues. It is something hotter and dryer than this Garden-Clary is, yet nevertheless under the Dominion of the Moon, as well as that, the Seeds of it being beaten to Powder, and

drunk with Wine, it is an admirable help to provoke Lust provoketh, Congealed Blood, cold Stomach, the Stomach, and 'tis a wonder if it should not, sore Eyes, Films in the the Stomach being Cancer, the House of the Moon. Eyes, Indigestion.

Also it helps digestion, scatters congealed blood in any part of the Body, and helpeth dimness of sight. The distilled Water thereof cleanseth the Eyes of redness, waterishness & heat, 'tis a gallant Remedy for dimness of sight, to take out of the Seeds of it, and put into the Eyes and there let it remain while it drops out of it self, the pain of it will be nothing to speak

on; it will cleanse the Eyes of All filthy and putrified matters, and in often repeating of it, will take off a Film which covereth the sight, a handfomer, safer and easier Remedy a great deal than to tear it off with a Needle,

Cleavers.

IT is also called Aparine, Goose-thare, Goof-grass, and Clavers.

Description.] The common Cleavers hath divers very rough square stalks not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall Bushes or Trees whereon it may climb (yet without any clasps) or else much lower, and lying on the ground full of Ferns, and at every one of them shooteth forth a branch besides the Leaves thereat, which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leaves at the joints towards the tops of the branches, come forth very small white flowers at every end upon small threddy foot-stalks, which after they have fallen, there do shew two small, round, rough seeds, joyued together like two Testicles, which when they are ripe, grow hard and whitish having a little hole on the side somewhat like unto a Navel. Both stalks, leaves and seeds are so rough, that they will cleave to anything, it all touch them. The Root is small and very threddy, spreading much in the ground, but dyeth every year.

Place.] It groweth by the Hedge and Ditch-sides in many places of this Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon, and is ready to choak whatever grows next to it.

Time.] It flowreth in June or July, and the seed is ripe, and falleth again in the end of July or August, from whence it springeth up again, and not from the old Roots.

Government and Vertues.] It is under the Dominion of the Moon. The Juice of the Herb and the Seed together taken in Wine helpeth those that are bitten with an Adder, by Preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat, The distilled Water drunk twice a day, helpeth the Yellow Jaundice, and the Decoction of the Herb in Experience is found to do the same, and stayeth Lasks and bloody Fluxes. The Juice of the Leaves, or they a little bruised, and applied to any bleeding Wounds, stayeth the bleeding. The Juice is also very good to close up the lips of green Wounds; and the Powder of the dried Herb strew'd thereupon, doth the same, & likewise helpeth old Ulcers, Being boyled with Hogsgrease, it helpeth all sorts of hard swellings or Kernels in the Throat, being anointed therewith. The Juice dropped into the Ears, taketh away the pain of them.

It is a good Remedy in the Spring, eaten (being first chopped small, and boyled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver, thereby keeping the Body in health, & fitting it for that change of Season that is coming.

Clowns Woundwort.

Description.] It groweth up sometimes to three or four foot high, but usually about two foot, with square, green rough stalks, but slender, joyned somewhat far asunder, and two very long, and somewhat narrow dark green Leaves, bluntly dented about the edges thereof, ending in a long point. The Flowers stand towards the tops compassing the stalks at the joyns with the Leaves, and are likewise in a spiked top, having long and much open gaping hoods of a purplish red colour, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them of a pale yellowish or whitish colour, yet sometimes of the year those knobby Roots in many places are not seen in this Plant: The whole Plant smelleth somewhat strongly

Place.] It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about London, and within three or four miles distant about it, yet usually grows in or near Ditches.

Time.] It flowreth in June and July, and the Seed is ripe soon after.

Governement and Vertues.] It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for nought. **Wounds, Ulcers, Blood, Cankers, Bloody Flux, Ves-** And is very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers, **sels broken, Ruptures,** Cankers, &c. that hinder the healing of them. **spitting, pissing and Vomiting Blood, Veins swelled, Muscles cut.**

A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux. Vessels broken, spitting, pissing or vomiting Blood: Ruptures are excellently, and speedily even to admiration cured by taking now and then a little of the Syrup, and applying an Ointment or Plaister of the Herb to the Place. Also if any Vein be swelled, or Muscle, apply a Plaister of this Herb to it, and if you add a little Comfrey to it, it will not do amiss. I assure thee, the Herb deserves commendations though it have gotten but a Clownish Name, and whoever reads this (if he try it as I have done) will commend it as well as I have done, only take notice, That it is of a dry Earthy quality.

Cocks-Head, Red Fitchling, or Medick Fetch

Description.] This hath divers weak, but rough stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath; from the tops of these stalks arise up other slender stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a spike of a pale reddish

colour, with some blewish among them: after which rise up in their places, round, rough and somewhat flat beads. The Root is tough and somewhat woody yet liveth, and shooteth anew every year.

[Use.] It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

[Time.] They flower all the months of July and August, and the Seed ripeneth in the mean while.

[Government and Vertues.] It is under the Dominion of Venus. It hath power to rarifie and digest, and therefore the green Leaves bruised and laid

as a Plaster, do cure such Knots, Nodes or Kernels in the flesh; and if when it is dry, it be taken in Wine, it helpeth the Strangury; and being anointed with Oyl, it provoketh Sweat. It is a singular food for Cattel, to cause them to give store of Milk, and

why then may it not do the like being boyled in ordinary drink of Nurses.

Columbines.

These are so well known growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

[Time.] They flower in May, and abide not for the most part when June is past, perfecting their Seed in the mean time.

[Government and Vertues.] It is also an Herb of Venus. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths

and Throats; Tragus saith, That a dram of the seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the Yellow Jaundice if the party after the taking the seed laid to sweat well in the bed. The seed also taken

in Wine causeth a speedy delivery of Women in Childbirth, if one draught suffice not, let her drink the second and it is effectual: The Spaniards use to eat a piece of the Root thereof in a morning fasting many days together, to help them being troubled with the Stone in the Reins or Kidney.

Colts-foot.

Called also Cough-wort, Foals-foot Horse-hoof, and Bull-foot.

[Descript.] This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly, and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bur, with a little down or freeze over the green Leaf on the upper side which may be rubbed away, and whitish or maly underneath. The Root small and white, spreading much under ground, so that when it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence spring fresh Leaves.

[Place.] It groweth as well in wet grounds, as in drier places.

[Time.] And flowereth in the end of February, Leaves beginning to appear in March.

Govern-

Government and Vertues.] The Plant is under Venus. The fresh Leaves or juyce, or a Syrup made thereof, is good for a hot dry Cough, for Wheezing and shortness of Breath. The dry Leaves are best for those that have thin Rheums and Distillations upon their Lungs, causing a Cough for which also the dried Leaves taken as Tobacco or the Root is very good. The distilled Water thereof simply, or with Elder Flowers and Nightshade, is a singular good Remedy against all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the Head and Stomach; which also doth much good being applied to any hot Swellings or Inflammations; it helpeth St. Anthonies fire and Burnings, and is singular good to take away Wheels, and small Pusshes that arise through heat: as also the burning heat of the Piles, or Privy parts cloaths wet therein being thereunto applied.

Cough, Wheezing, shortness of Breath Agues, Inflammations, Swellings, St. Anthonies fire, Burnings, cholericke Pusshes, Piles, Inflammations in the Privities.

Comfry.

D. script on.] The common great Comfry hath divers and very large and hairy green Leaves lying on the ground, so hairy or prickly, that if this touch any tender parts of the hands, face or body, it will cause it to itch: the Stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like leaves as grow below, but I suffer and I suffer up to the top. At the joynts of the Stalks, it is divided into many branches, with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish colour, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within so soft or easie to break, and full of glutinous or clammy juce of little or no taste at all.

There is another sort in all things like this, save only it is somewhat less, and bearing flowers of a pale purple colour.

Place.] They grow by Ditches and Water-sides, and in divers Fields that are moist, for therein they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

Time.] They flower in June and July, and give their seed in August.

Government and Vertues.] This is also an Herb of Saturn, and I suppose under the Sign Capricorn, cold, dry, and earthy in quality.

What was spoken of Clowns Woundwort, may be said of this. The great Comfry helpeth those that spit Blood, or make a bloody Urine: The Root boyled in Water and Wine, and the decoction drunk helpeth all inward hurts, bruises and wounds, and Ulcers of the Lungs, causing the flegm that oppresseth them to be easily spit forth: It stayeth the fluxions of Rheum from the Head upon the Lungs, the fluxes of Blood or humors

Spitting and pissing Blood, Inward Wounds and Bruises, Pissick.

Body Flux, Terms stops, as well the Reds as the Whites; and the Running
Whites, Nerves cut, Mus- of the Reins hapning by what cause soever. A S-
cles cut, Sharp Humors, rup made thereof is very effectual for all those in-
Wounds, Ruptures, broken ward Griels and Hurts, and the distilled Water for
Bones, Knotted Breasts, the same purpose also, and for outward Wounds and
Hemorrhoids, Inflamma- Sores in the Flethy or Sinewy part of the Body
tion, Gout, pained Joynts, whatsoever; as also to take away the fits of Agues,
Gangrenes. and to allay the sharpness of Humors. A Decocti-

on of the leaves hereof is available to all the pur-
 poses, though not so effectual as the Roots. The Roots being outwardly applied
 help fresh wounds or cuts immediately, being bruised and laid thereunto; and
 is especially good for Ruptures and broken Bones: yea, it is said to be so power-
 ful to consolidate and knit together; that if they be boyled with dissevered
 pieces of flesh in a pot it will joyn them together again. It is good to be applied
 to Womens Breasts that grow sore by the abundance of Milk coming into
 them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool
 the Inflammation of the parts thereabouts, and to give ease of pains. The
 Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid
 upon any place troubled with the Gout, doth presently give ease of the pains;
 and applied in the same manner, giveth ease to pained joynts, and profiteth
 very much for running and moist Ulcers, Gangrenes, Mortifications, and the
 like, for which it hath by often experience been found helpful.

Coral-wort

It is also called by some, Tooth-wort, Tooth Violet, Dog-teeth Violet, and
 Dentaria.

Description. Of the many sorts of this Herb, two of them may be found
 growing in this Nation: The first of which shooteth forth one or two winged Leaves
 upon long brownish foot stalks, which are doubled down at their first coming out
 of the ground: when they are fully opened they consist of seven Leaves, most
 commonly of a sad green colour, dented about the edges, set on both sides the middle
 Rib one against another as the Leaves of the Ash-tree: the stalk beareth no Leaves
 on the lower half of it, the upper half beareth sometimes three or four, each
 consisting of five Leaves, sometimes of three: on the top stand four or five flowers
 upon short Foot-stalks, with long Husks: the flowers are very like the flowers of
 Stock Gill-flowers, of a pale purplish colour consisting of four Leaves a piece,
 after which come small Cods which contain the seed, the Root is very smooth, white
 and shining, it doth not grow downwards, but creeping along under the upper crust
 of the ground, and consisteth of divers small round knobs, set together: toward the top
 of the stalk there grow some single Leaves, by each of which cometh a small round
 cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be
 Root.

As for all the other Coral-wort, which groweth in this Nation, 'tis more
 scarce

scarcely than this, being a very small Plant, not much unlike *Crowfoot*, therefore some think it to be one of the sorts of *Crowfoot*, I know not where to direct you to it, and therefore I shall forbear the Description.

Place.] The first groweth near *Mayfield* in *Suffex*, in a wood called *Higbreed* and in another Wood there also, called *Fox holes*.

Time.] They flower from the latter end of *April* to the middle of *May*, and before the middle of *July* they are gone, and not to be found.

Government and Vertues.] It is under the Dominion of the *Moon*. It cleanseth the Bladder and provoketh Urine, expels Gravel and the Stone, it easeth pains in the Sides and Bowels; it is excellent good for inward wounds especially such as are made in the Breasts or Lungs, by taking a dram of the Powder of the Root every morning in Wine; the same is excellent good for Ruptures, as also to stop fluxes: an Oyntment made of it, is excellent good for Wounds and Ulcers; for it soon dries up the watry Humor which hinder the Cure.

Dysury, Gravel, Stone, Sides, Bowels Wounds in the Breasts and Lungs, Rupture, Fluxes, Wounds and Ulcers.

Costmary, or Alecost, or Balsom Herb.

THis is so frequently known to be an Inhabitant in almost every Garden that I suppose it needles to write a Description thereof.

Time.] It flowereth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Jupiter*. The ordinary *Costmary* as well as *Maudlin*, provoketh Urine abundantly, and moistneth the hardness of the Mother; it gently purgeth Choler and Flegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without Attraction, openeth Obstructions and healeth their evil effects, and is a wonderful help to all sorts of Day Agues. It is astringent to the Stomach, and strengtheneth the Liver, and all the other inward parts, & taken in Whey, worketh the more effectually. Taken fasting in the Morning, it is very profitable for the pains of the Head that are continual and to stay dry up and consume all thin Rheums, or Distillations from the Head into the Stomach and helpeth much to digest raw humors that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body called *Cachexia*; being taken especially in the beginning of the Disease: It is an especial friend and help to evil, weak and cold Livers. The seed is familiarly given to Children for the Worms, and so is the infusion of the Flower in White Wine, given them to the quantity of two ounces at a time; it maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it, and after it is strained, to put a little Wax, Rosin and Turpentine, to bring it into a convenient Body.

Dysury, Womb, Choler, Flegm, Putrefaction, Corruption, Obstructions, Quotidian Agues, Stomach, Liver, Head ach, Rheum, Raw Humours, Cachexia, Worms, Ulcers.

Cudweed, or Cotton-weed.

Besides Cudweed and Cottonweed, it is also called Chafweed, Dwarf Cotton, and Petty Cotton.

Description. The common Cudweed riseth up with one stalk sometimes, and sometimes with two or three, thick set on all sides with small, long and narrow whitish or woody Leaves from the middle of the stalk almost up to the top; with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Herbs after the Flowers are fallen, come small seed wrapped up with the down therein, and is carried away with the wind. The Root is small and thready.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that the stalks and leaves are shorter, so the flower, are paler and more open.

Place. They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

Time. They flower about July, some earlier, some later, and their seed is ripe in August.

Government and Vertues. Venus is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay-fluxes of blood wheresoever the Decoction being made in red Wine and drunk, or the Powder taken therein; it also helpeth the bloody Flux, and easeth the torments that come thereby, stayeth the

immoderate Courses of Women, & is also good for inward or outward wounds Hurts and Bruises, and helpeth Children both of Burking and the Worms and the Disease called *Tenasmus*, which is an often provocation to the Stool, and doing nothing; being either drunk or injected: The green leaves bruised and laid to any green wound, stayeth the bleeding, healeth it up quickly: The Decoction or Juice thereof doth the same, and helpeth all old and filthy Ulcers quickly. The Juice of the Herb taken in Wine and Milk is (as *Pliny* saith) a soveraign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

Cowslips, or Peagles.

Both the wild and Garden Cowslips are so well known, that I will neither trouble my self nor the Reader with any Description of them.

Time. They flower in April and May.

Government and Vertues. Venus lays claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough, the Oyntment or distilled water of it adds Beauty, or at least restores it when it is lost. The Flowers are held to be more effectual than the Leaves & the Roots of little use. An Ointment being made with them, taketh away Spots, and Wrinkles of the Skin,

Skin, Sunning and Freckles, and adds, Beauty exceedingly: they remedy all Infirmities of the Head coming of Heat and Wind, as Vertigo, Epialtes, false Apparitions, Frenies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves. The Roots ease pains in the Back and Bladder, and openeth the passages of Urine: The Leaves are good in Wounds, and the Flowers take away trembling:

Head, Heart, Wind Beauty adds, Vertigo, Epialtes, Convulsion, Cramps, Back Bladder, Wounds, Trembling, Frenzie, Falling-sickness, Palsie.

If the Flowers be not well dried & kept in a warm place, they will soon putrifie and look green, have a special Eye over them: If you let them see the Sun once a month, it will do neither the Sun nor them harm.

Because they strengthen the Brain and Nerves, & remedy Palsies, the Greeks gave them the name *Paralysis*; The Flowers preserved or conserved, and the quantity of a Nutmeg eaten every Morning, is a sufficient Dose for inward Diseases; but for Wounds, Spots, Wrinkles and Sun-burning, an Ointment is made of the Leaves and Hog-grease.

Crabs-claws.

Called also V Water-Sengreen, Knights Pond-wort, V Water-Housleek, Pond-weed, and Fresh V Water Soldier.

Description.] It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed; the stalks which bear flowers seldom grow so high as the Leaves, bearing a forked head like Crabs Claws, out of which comes a white Flower, consisting of three Leaves with divers yellowish hairy threads in the middle: it taketh Root in the Mud in the bottom of the Water.

Place.] It groweth plentifully in the Fens in Lincolnshire.

Time.] It flowers in June, and usually from thence till August.

Government and Vertues.] 'Tis a Plant under the Dominion of Venus, and therefore a great Strengthener of the Reins; it is excellent good in that Inflammation which is commonly called St. Anthony's-fire; it asswegeth all inflammations and Swellings in Wounds, and an Ointment made of it is excellent good to heal them there is scarce a better Remedy growing than this is, for such as have bruised their Kidneys, and upon that account pissing Blood: a dram of the Powder of the Herb taken every Morning is a very good Remedy to stop the Terms.

Reins, St. Anthony's-fire inflammations and Swellings in Wounds, Kidneys bruised, Pissing Blood, Terms stops.

Black-Cresses.

Description.] It hath long Leaves deeply cut and jagged on both sides, not much unlike wild Mustard; the stalks be small, very tender, though very tough, you may twist them round, as you may a Willow before they break: The Stones be very small and yellow, after which come small Cuds, which contain the Seed.

Place.] It is a common Herb, grows usually by the way-side, and sometimes.

times upon Mud-Walls about London, but it delights most to grow amongst Stones and Rubbish.

Time.] It flowers in June, and July, and the seed is ripe in August and September.

Government and Vertues.] 'Tis under the Dominion of Mars, and is a Plant of a hot and biting Nature: the truth is, the Brain, Rheums, Lungs, Sced of Bink-Cresses, strengthens the Brain exceedingly, being in performing that office little inferior to Mustard-Seed, if at all; they are excellent good to stay those Rheums which fall down from the Head upon the Lungs: You may beat the Seed into Powder if you please, and make it up into an Electuary with Honey; so you have an Excellent Remedy by you, not only for the premisses but also for the Cough, Yellow Jaundice and Sciatica. The Herb boyled into a Pultis is an excellent Remedy for Inflammations both in women's Breasts, and Mens Testicles.

Sciatica-Cresses.

Descript.] **T**hese are of two kinds: The first riseth up with a round Stalk about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the edges, somewhat like Garden-Cresses, but smaller: The Flowers are small and white growing at the top of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white and woody.

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and Seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

Place.] These grow by the Way-sides in untilled places, and by the sides of old VValls.

Time.] They flower in the end of June, and their seed is ripe in July.

Government and Vertues.] It is a Saturnine Plant. The Leaves, but especially the Root taken fresh in Summer-time, beaten and made into a Pultis or Salve, with old Hogs-grease, and applied to the place pained with the Sciatica, to continue thereon four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine & Oyl mixed together, and then wrapped with Wool or Skin after they have sweat a little, will assuredly Cure not only the same Disease in Hips, Hackle-bone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old Grievs of the Head (as inveterate Rheums) and other parts of the Body that is hard to be cured: And if of the former Grievs any part remain; the same Medicine after twenty days is to be applied again. The same is also effectual in the

the Diseases of the Spleen: and applied to the Skin, Spleen, Scars, Leprosie, taketh away the blemishes thereof, whether they Scabs, Scurf. be Scars, Leprosie, Scabs or Scurf, which although it ulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Esteem of this as an other Secret.

Water-Cresses.

Description. **O**rdinary Water-Cresses spread forth with many weak hollow sappy Stalks, shooting out Fibers at the Joints, and upwards, long winged Leaves, made of sundry broad, sappy, almost round Leaves, of a brownish colour. The Flowers are many and white standing on long foot-stalks after which comes small yellow Seed, contained in small long Pods like Horns. The whole Plant abideth green in Winter, and taste is somewhat hot and sharp.

Place.] They grow (for the most part) in the small standing Waters, yet sometimes in small Rivulets of running Water.

Time.] They flower and seed in the beginning of Summer.

Government and Vertues.] It is an Herb under the Dominion of the Moon, They are more powerful against the Scurvy, and to cleanse the Blood and Humors, than Brooklime is. Scurvy, Blood, Humors, and serve in all the other uses in which Brooklime is Stone, Dysury, Terms provoked, Ulcers, Freckles available, as to break the Stone, and provoke Urine, Pimples, Spots, Dulness, and Womens Courses. The Decoction thereof cleanseth Ulcers, by washing them therewith: The Leaves Leishargy.

bruised, or the Juice, is good to be applied to the face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and washed away in the morning. The Juice mixed with Vinegar, and the fore-part of the Head bathed therewith, is very good for those that are dull and drowsie, or have the Lethargy.

Water-Cress Pottage is a good Remedy to cleanse the Blood in the spring, and help Head-aches, and consume the gross humors Winter hath left behind; those that would live in health may use it if they please; if they will not, I cannot help it: If any fancy not Pottage, they may eat the Herb in a Sallet.

Cross-wort.

Descript.] **C**ommon Cross-wort groweth up with square, hairy brown Stalks, little above a foot high, having four small broad and pointed airy, yet smooth green Leaves, growing at every joint, each against other cross-ways, which hath caused the Name: Toward the tops of the Stalks at the Joints with four Leaves in three or four rows outwards, stand small, pale, yellow Flowers; after which come small, blackish, round Seed. four for the most part set in every husk. The Root is very small and full of fibres, or threads: taking good hold of the ground, and spreading with the Branches a great deal of ground, which wither not in Winter, although the Leaves dye every year, and being againe new

Place.]

Place.] It groweth in many moist grounds, as well Meadows as untilld places about *London*: in *Hamsted* Church-yard, at *Wy*: in *Kent* and sundy other places.

Time.] It flowreth from *May* all the Summer long in one place or other, they are more open to the Sun; the seed ripeneth soon after.

Government and Vertues.] It is under the Dominion of *Saturn*. This

Wounds inward and outward, Flegm, Obstructions, Stomach, Bowels Ruptures. a singular good Wound-Herb, and is used inwardly not only to stay bleeding of Wounds, but to cleanse them, as it doth outwardly any green Wound which it quickly sodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate

Flegm out of the Chest, and is good for Obstructions in the Breast, Stomach or Bowels, and helpeth a decayed Appetite: It is also good to wash any Wound or Sore with, to cleanse and heal it: The Herb bruised, and then boyled and applied outwardly for certain days together renewing it often, and in the mean time, the Decoction of the Herb in the Wine taken inwardly every day, doth certainly cure the Rupture in any; so as it be not too inveterate; but very speedily if it be fresh and lately taken.

Crow-foot.

Many are the Names this furious biting Herb hath obtained, almost enough to make up a *Vellhelmans* Pedigree, if he fetch it no further than *John of Gaunt*, or *Villiam the Conqueror*, for it is called *Frogs-foot*, from the Greek name *Batrakion*. *Crow-foot*. *Gold Knobs*. *Gold Cups*. *King Knobs*. *Bissiniers*. *Trochster*. *Polis*. *Lock* & *Gouliens*, and *Butter-flowers*.

Abundance are the sorts of this Herb, that to describe them all would tire the patience even of *Socrates* himself; but because I have not yet attained to the Spirit of *Socrates* I shall but Describe the most usual.

Descript.] The most common *Crow-foot* hath many dark green Leaves cut in divers parts, in taste biting and sharp, biting and blistering the Tongue, it bears many flowers, and these of a bright resplendent yellow colour, I do not remember this I ever saw any things yellow; *Virgins* in Ancient time used to make Powder of them to strewe Bride-Beds: after which Flowers come small herds of Seeds, round, but rugged like a *Pine-Apple*.

Place.] They grow very common every where, unless you turn your Head into a Hedge, you cannot but see them as you walk.

Time.] They flower in *May* and *June*, even till *September*.

Government and Vertues.] This fiery and hot spirited Herb of *Mars* is no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Blister, and may be softly applied to the Nape of the Neck to draw back Rheum from the Eyes: The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and with far less danger to the Vessels of Urine, which *Cantharides* naturally delight to wrong; I knew the Herb once applied to a Pestilential Ulcer that was fallen down

down and it saveth life even beyond hope, it were good keeping an Oyntment and Plaster of it, if it were but for that.

Cuckow-pint.

[It is called *Aron*, *Farus*, and *Barbi-aron*, *Calves-foot*, *Ramp*, *Starch-wort*, *Cuckow-pintle*, *Priests-pintle*, and *Wake-Robin*.

Descript.] This shooteth forth three, four, or five Leaves at the most, from one Root, every one whereof is somewhat large and long broad at the bottom, next the stalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each standing upon a thick round stalk, of a handfull breadth long, or more: among which, after two or three months that they begin to wither, riseth up a bare, round, whitish green stalk spotted and streaked with purple, somewhat higher than the Leaves: at the top whereof standeth a long hollow case or husk, close at the bottom, but open from the middle upwards ending in a point; in the middle whereof standeth a small long Pearle or Clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside though green without; which after it hath abided so for sometime, the Husk with the Clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a Hazel Nut Kernel; which abideth thereon almost until Winter: The Root is round and somewhat long, for the most part lying along, the Leaves shooting forth at the bigger end, which when it beareth, his Berries are somewhat wrinkled and loose, another growing under it, which is solid and firm with many small fibres hanging thereat: The whole Plant is of a very sharp biting taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration. The Root hereof was anciently used instead of Starch, to starch Linnen withal.

There is another sort of Cuckow-pint with lesser Leaves than the former, and somewhat border, having blackish spots upon them, which for the most part abide longer green in Summer than the former; and both Leaves and Roots are more sharp and fierce than it: In all things else it is like the former.

Place.] These two sorts grow frequently almost under every Hepge-side in many places of this Land,

Time.] They shoot forth Leaves in the Spring, and continue but until the Middle of Summer, or somewhat later, their Husks appearing before they fall away: and their Fruit shewing in April.

Government and Vertues.] It is under the Dominion of Mars. *Tracus* Reporteth, That a dram weight, or more if need be, of the spotted *Wake-Robin* either fresh and green, or dried, being beaten and taken, is a most present and sure Remedy for *Poyson*, *Plague*, *Boyl*, *Dis-* and the *Plague*. The Juice of the Herb taken with a quantity of a spoonfull bath the same effect.

But if there be a little Vinegar added therunto as well as unto the Root as before said, it somewhat allaveth the sharp biting taste thereof upon the Tongue. The green Leaves bruised, and laid upon any Boil or Plague sore, doth wonderfully

help

help to draw forth the Poyson: A dram of the Powder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root doth wonderfully help those that are pursie and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled, is effectual also for the same purpose. The said Powder taken in Wine or other Drink, or the Juyce of the Berries, or the Powder of them, or the

Flegm, Dysury, Terms provokes, After-birth, Ulcers, Itch, Ruptures. Polypus. Eyes, Throat, Faws, Gout, Piles or Hemorrhoids, Fundament-falling down, Scurf, Freckles, Spots, Blemishes.

Wine wherein they have been boyled, provoketh Urine, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps-Milk, it healeth the inward Ulcers of the Bowels. The distilled Water hereof is effectual to all the purposes aforesaid: A spoonful taken at a time healeth the Itch; and an ounce or more taken at a time for some dayes together, doth help the Rupture: The Leaves either, green or dry, or the Juyce of them,

doth cleanse all manner of rotten and filthy Ulcers in what part of the Body soever, and healeth the sinking Sores in the Nose called *Polypus*. The Water wherein the Root hath been boyl'd dropp'd into the Eyes, cleanseth them from any Film or Skin, Clouds or Mists which begin to hinder the Sight, and helpeth the watering or redness of them; or when by some chance they become black and blew. The Root mixed with Bean-flower, and applied to the Throat or Jews that are inflamed, help them. The Juyce of the Berries boyled in Oyl of Roses, or beaten into Powder mixed with the Oyl, and dropped into the Ears, easeth Pains in them. The Berries, or the Roots beaten with hot Ox-Dung and applied, easeth the Pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, easeth them; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoever therein.

Authors have left large commendation of this Herb you see, but for my part I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

Cucumers, Or, (according to the Pronunciation of the

Vulgar) Cowcumbers

Government and Vertues.

There is no Dispute to be made, but that they are under the Dominion of the Moon, and though they are so much cryed out against for their coldness, and if they were but one Degree colder they would be Poyson. The best of Galenists hold them to be cold and moist in the second Degree, and then not so cold as either Lettuce or Purslain: They

They are excellent good for hot Stomachs, and hot Livers; the unmeasurable use of them fills the Body, full of raw humors; and so indeed the unmeasurable use of any thing else doth harm. The Juyce of Cucumers, the Face being washed with it, cleanseth the Skin, and is excellent good for hot Rheums in the Eyes: the Seed is excellent to provoke Urine, and cleanse the passages thereof when they are stopped; neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumers are: The usual course is to use the Seeds in Emulsions, as they make Almond Milk; but a better way far (in my Opinion) is this, when the Season of the year is; To take the Cucumers and bruise them well, and distill the water from them, and let such as are troubled with Ulcers in the Bladder, drink no other drink. The Face being washed with the same Water, cureth the reddest Face that is; it is also excellent good for Sun-burning, Freckles, and Morpew,

Stomach bot, Liver bot, Humors raw, Skin cleanseth, hot Rheums in the Eyes, provokes Urine, and cleanse the Passages, Ulcers in the Bladder, red Face, Sun-burning, Freckles, Morpew.

Daisies

These are also so well known almost to every Child, that I suppose it altogether needless to write any Description of them. Take therefore the Vertues of them, as followeth.

Government and Vertues.] The Herb is under the Sign Cancer, and under the Domination of Venus, and therefore excellent good for wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plasters, as also in Syrups. The greater wild Daisie is a Wound-Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juyce or distilled Water of these, or the small Daisies, doth much temper the heat of Choler, and refresheth the Liver, and the other inward parts. The Decoction made of them and drunk, helpeth to Cure the Wounds, made in the hollownes of the Breast: The same also cureth all Ulcers and Pustules in the Mouth or Tongue, or in the secret Parts. The Leaves bruised and applied to the Cods or to any other part that are swollen and hot, doth dissolve it, and temper the heat. A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout: The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, & Bruises & Hurts that come of Falls and Blows: They are also used for Ruptures, and other inward Burnings, with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist humors having access unto them, are kept long from healing, and such are those for the most part that happen to the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of any, doth much help them.

Wounds inward and outward, Choler, Liver, Breast, Ulcers, Swellings, Kernels, Bruises, Falls, Ruptures, Burnings, Inflammations.

Dandelion, vulgarly called Pifs-a-Beds.

Descript.] *It is so well known to have many long, and deep gashed Leaves, lying on the ground round about the head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root; the middle Rib being white, which broken, yeildeth abundance of bitter Milk, but the Root much more: from among the Leaves, which always abide green, arise many slender weak naked foot-stalks, every one of them bearing at the top one large yellow Flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green husk wherein the flower stood turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.*

Place.] It groweth frequently in all Meadows, and Pasture grounds.

Time.] It flowereth in one place or other almost all the year long.

Government and Vertues.] It is under the Dominion of Jupiter. It is of

Optimith, Cleanseth, Obstruitions, Liver, Gall, Spleen, Faundice, Hypochondriacal, Melamboly, Dysury, Consumption, Cachexia, Watching heart, Ague, Pestilence.

an opening and cleasing quality, and therefore vry effectual for the Obstructions of the Liver, Gall and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal Passion: it wonderfully openeth the Passages of the Urine both in young and old: It powerfully cleanseth Aposthumes and inward Ulcers in the Uritory Passages, and by the drying and temperate quality doth afterwards heal them; for which purpose the Decoction of the

Roots or Leaves in White-Wine, or the Leaves chopped as Pot-herbs with a few Allsanders, and boyled in their Broth, is very effectual. And whoso is drawing towards a Consumption, or an evil disposition of the whole Body called Cachexia, by the use thereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies disempered by the heat of Ague and Fits, otherwise: The Distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this common Herb hath, and that's the Reason the French and Dutch so often eat them in the Spring: and now if you look a little farther, you may see plainly without a pair of Spectacles, that Foreign Physitians are not so selfish as ours are, but more coommunicative of the Vertues of Plants to People.

Darnel.

It is called Furay and Wray; in Sussex they call it Crop, it being a Pestilent Enemy amongst Corn.

Descript.]

Description.] This hath all the Winter long sundry, long, fat, and rough Leaves which when the stalk riseth, which is slender and joynted, are narrower, but rough still; on the top groweth a long spike, composed of many beads set one above another, containing two or three husks with sharp, but short Beards or Arons at the end; the Seed is easily shaken out of the Ear, the husk it self being somewhat rough.

Place.] The Country Husbandmen do know this too well to grow among their Corn; or in the Borders and Path-ways of other Fields that are fallow.

Government and Vertues.] It is a malicious Plant of fullen Saturn. As it is not without some Vices, so hath it also many Vertues. The Meal of Darnel is very good to Ray Gangrenes, and other such like fretting and eating Cankers, and putrid Sores: It also cleanseth the Skin of all Leprosies, Morpewes, Ring-worms, and the like, if it be used with Salt and Raddish-roots. And being used with quick Brimstone, and V.ægar, it dissolveth Knots and Keracels, and breaketh those that are hard to be dissolved, being boyled in Wine and Pidgeon-dung and Linseed: A Decoction thereof made with Water and Honey, and the place bathed therewith is profitable to the Sciatica. Darnel-Meal applied in a Pulvis draweth forth Splinters and broken Bones in the Flesh: The red Darnel boyled in red Wine and taken, stayeth the Lask and all other Fluxes, and Women bloody Issues; and restraineth Urine that passeth away too suddenly.

Dill.

Description.] The common Dill groweth up with seldom more than one stalk neither so high nor so great usually as Fennel, being round, and fewer joynts thereon, whose Leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasant scent: the tops of the stalks have four branches and smaller umbles of yellow flowers, which turn into small seed somewhat flatter and thinner than Fennel-seed. The Root is somewhat small and woody, perishing every year after it hath borne seed; and is also profitable, being never put to any use.

Place.] It is found usually sown in Gardens and Grounds for the purpose, and is also found wild in many places.

Government and Vertues.] Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The oil being boyled and drunk, is good to ease swellings and Pains; it also stayeth the Belly and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windings of the Mother, if they sit therein. It stayeth Hiccough, being boyled in Vine & but smelled unto, being tied to a Cloth. The Seed is of more use than the Leaves, and more effectual to digest raw and viscous humors, and is used in

Swellings Pains, Coughs, Vomiting, Mother, Hiccough, rawe Humors

Wind, Aposthumes, Ulcers, Terms provokes Medicines that serve to expel VVind and the pain proceeding there-from. The Seed being tosted and

fried, and used in Oyls or Plaisters, dissolveth the Imposthumes in the Fundament, and dryeth up all moist Ulcers, especially in the Fundament, and Oyl made of Dill is effectual to warm, or resolve Humors and Imposthumes, to ease pains, and to procure rest. The Decoction of Dill, be it Herb or Seed (only if you boyl the Seed, you must bruise it) in White-Wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

Divels-bit.

Descript.] *T* His riseth up with a round, green, smooth Stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark green Leaves, somewhat snip'd about the the edges, for the most part, being else all whole and not divid'd at all, or but very seldom, even to the tops of the Branches, which yet are smaller than these below, with one Rib only in the middle: At the end of each branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blawish purple colour; which being past, there followeth Seed that fall away, The Root is somewhat thick, but short and blackish with many strings, abiding after Seed-time many years. This Root was longer, until the Devil (as the Fryers say) bit away the rest of it for spite, envying its usefulness unto Mankind: For sure he was not troubled with any Disease for which it is proper.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other bluish-coloured Flowers.

Place.] The first groweth as well in dry Meadows and Fields, and moist in many places of this Land: But the other two are more rare as hard to meet with, yet they are both found growing wild about Appledore near Rye in Kent.

Time.] They flower not usually until August.

Government and Vertues.] The Plant is Venereal, pleasing and harmful

Pestilence, Fevers, Poyson, Venomous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Moulder, Wind, Worms, Wounds, Scurf Itch.

The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk, is very powerful against the Plague, and Pestilential Diseases, Fevers, Poysons also, and the bitings of Venomous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls and blows, dissolving the clotted Blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blew Marks that remain in the Skin.

Decoction of the Herb, with Honey of Roses put therein is very effectual to help the inveterate Tumors and Swellings of the Almonds and Throat by oft gargling the Mouth therewith. It helpeth also to procure Womens Cour

and easeth all pains of the Mother, and to break and discuss Winds therein and in the Bowels. The Powder of the Root taken in drink, driveth forth the Worms in the Body. The Juyce or distilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanseth the Bad inwardly, and the Seed outwardly; from Sores, Scurf, Itches, Pimples, Freckles, Morpew, or other Deformities thereof, *Dandriff, Pimples, Freckles*, but especially if a little Vitriol be dissolved therein.

Dock.

MAny kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big to fast.

Government and Vertues.] All Docks are under Jupiter; of which the Red Dock which is commonly called Blood-wort; cleanseth the Blood, and strengthens the Liver: *Cleanse the Blood strengthen the Liver.* but the yellow Dock-root is best to be taken when either the Blood or Liver is afflicted by Choler.

All of them have a kind of cooling (but not all alike) drying quality, the Sorrels being most cold, and the Bloodworts most drying. Of the Bur-Dock I have spoken already *Flux, Loathing of Meat, by himself. The Seed of most of the other kinds, Spitting Blood, Scabs, whether of the Garden or Field, do stay Laska and Itch, Freckles, Morpew:* Fluxes of all sorts, the loathing of the Stomack through Choler, and is helpful to those that spit Blood. The Roots boyled in Vinegar, helpeth the Itch, Scabs and breaking out of the Skin, if it be bathed therewith. The distilled Water of the Herb and Roots hath the same Vertue and cleanseth Skin of Freckles, Morpew, and all other spots and discolourings therein.

All Docks being boyled with Meat, make it boyl the sooner. Besides, Blood-wort is exceeding strengthening to the Liver, and procures good Blood, being as wholesome a Pot-herb as any grows in a Garden: yet such is the ricety of our times (forsooth) that Women will not put in the Pot, because it makes the Pottage black; Pride and Ignorance (a couple of Monsters in the Creation) preferring Nicety before Health.

Dodder of time, Epithymum and other Dodders.

Description.] **T**H^e first from Seeds giveth Roots in the Ground which shooteth forth threads or strings, grosser or finer as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be high or low. The strings have no Leaves at all upon them, but wind and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it, and is ready to choak or strangle it. After these strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the ground either by the strength of their rising, or withered by the heat of the Sun. Upon these strings are found Clusters of small Heads or Husks, out of which stars forth

forth whitish Flowers, which afterwards give small pale colour'd seed somewhat flat, twice as big as Poppy seed. It generally participates of the nature of the Plant which it cleaveth upon: but the Dodder of time is accounted the best, and is the only true Epithymum.

Government and Vertues.] All Dodders are under Saturn. Tell not me of Physicians crying up Epithymum, or that Dodder which grows upon Time (most of which comes from *Hemesius* in Greece, or *Hibla* in Sicily, because those Mountains abound with Time) he is a Physician indeed that hath wit enough to chuse his Dodder according to the nature of the Disease and Humor peccant. We confess, Time is the hottest Herb it usually grows upon; and therefore that which grows upon Time, is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon, as well as from the Earth where its Root is; and thus you see old Saturn wise enough to

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury.

have two Rings to his Bow. This is accounted the most effectual for Melancholick Diseases, and to purge black or burnt Choler, which is the cause of many Diseases of the Head and Brain, as also for the trembling of the Heart, Faintings and Swoonings. It is helpful in all diseases & griefs of the Spleen and that of Melancholy, that ariseth from the windiness of the Hypochondria; It purgeth also the Reins

or Kidneys by Urine. It openeth obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also the Liver and Spleen: purging the Veins of cholerick and flgmatick Humors, and helpeth Childrens Agues, a little Worm-seed being put thereto.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by Experience been found very effectual to procure plenty of Urine where it hath been stopped or hindered. And so of the rest.

Sympathy & Antipathy are the two hinges upon which the whole Model of Physick turns, and that Physician which minds them not, is like a Door, from off the Hooks, more likely to do a Man a mischief than to secure him. Then all the Diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the Body he rules; such as be caus'd by Sol, it helps by Antipathy. What those Diseases are, see my Judgment of Diseases by Astrology and if you be pleas'd to look the Herb Wormwood, you shall find a Rational way for it.

Dogs-Grass, Quich-Grass, or Couch-Grass.

Description.] It is well known, that this Grass creepeth far about under ground with long white joyned Roots, and small fibres almost at every Joynt, very sweet in taste, as the rest of the Herb is, and interlacing one another, and they shoot forth many fair grassy Leaves, small at the ends, and

cutting

cutting or sharp on the edges. The stalks are joyned like Corn with the like Leaves on them, and a long spik'd head with a long husk on them, and hard tough seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husband-man, as also of the Gardiners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

Government and Vertues.] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the Quich-grasses: Being boyled and drunk, it openeth Obstructions of the Liver and Gall, and the stopping of the Urine, and easeth the griping pains of the Belly, and inflammations, wasteth the matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied to consolidate Wounds. The Seed doth more powerfully expel Urine, and stayeth the Lask, and Vomiting. The distilled Water alone, or with a little Worm-seed, killeth the Worms in Children.

Liver, Gall, Dysury, Gripping, Inflammation, Ulcers in the Bladder, Wounds, Vomiting, Worms, Stopping.

The way of use is to bruise the Root, and having well boyled them in White-Wine, drink the Decoction; 'tis opening, but not purging, very safe: 'tis a Remedy against all Diseases coming of stopping, and such are half those that are incident to the body of Man; and although a Gardiner be of another Opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot, or Cranes-bill.

Descript.] **T**His hath divers small round, pale green Leaves, out in about the edges much like Mallow, standing upon long, reddish, hairy stalks lying in a round compass upon the ground; among which rise up two or three, or more reddish joyned slender, weak, hairy stalks, with such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small heads, with small short beaks pointed forth, as all other sorts of these Herbs do.

Place.] It groweth in Pasture Grounds, and by the Path-sides in many places and will also be in Gardens.

Time.] It flowreth in June, July, and August, some earlier, and some later and the Seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant. It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel the Stone and Gravel in the Kidneys. The Decoction thereof in Wine, is an excellent good Wound drink for those that have inward Wounds, Hurts, or Bruises, both to stay the Bleeding.

Cholick, Stone, Gravel, Wounds.

*Congeaed Blood, Sores, Bleeding to dissolve and expel the congealed Blood
Ulcers, Fistulaes, Gout, and to heal the parts, as also to cleanse and heal
Sinews, Ruptures. outward Sores, Ulcers and Fistulaes; and for green*

Wounds, many do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fermented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures and Burstings in people, either young or old.

Ducks-meat.

THis is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

Government and Vertues.] Cancer claims the Herb, and the Moon will be Lady of it; a Word is enough to a wise man. It

Inflammation St. Anthony's fire, as also the Gout, either applied by it self, or in a Pultis with Barley Meal. The Distilled Water hereof is by some highly esteemed against all inward

Inflammations, and pestilent Feavers; as also to help the redness of the Eyes, and Swellings of the Cods, and of the Breasts before they be grown too much. The fresh Herb applied to the Forehead, easeth the pains of the Head-ach coming of heat.

Down or Cotten-Thistle.

Description.] THis hath many large Leaves lying on the ground somewhat in, and as it were, crumpled on the edges, of a green colour on the upper side, but covered with long hairy wool or Cottony Down, set with most sharp and cruel pricks, from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although more seldom) white ones. The Seed that followeth in the heads, lying in a great deal of white Down, is somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually deth after seed-time.

Place.] It groweth on divers Ditches, Banks, and in Corn Fields, and Highways generally every where throughout the Land.

Time.] It flowreth and beareth seed about the end of Summer, when other Thistles do flower and Seed.

Government and Vertues.] Mars owns the Plant, and manifests to the World, that though it may hurt your fingers, it will help your Body, for I fancy it much for these ensuing Vertues. Pliny and Dioscorides write, That

the Leaves and Roots hereof (taken in Drink, help those that have a Crick in their Neck, whereby they cannot turn their Neck, but their whole Body must turn also, (sure they do not mean those that have got a Crick in their Neck being under the Hangmans hand) Galen saith, that the Root and Leaves hereof

Wry Neck,

are

are of a heating quality, good for such persons as have their Bodies drawn together by some Spasm or Convulsion, as it is with Children that have the Rickets, or rather (as the Colledge of Physicians will have it) the *Rachites*, for which name for the Disease, they have, (in a particular Treatise lately set forth by them) Learnedly disputed, and put forth to publick View, that the World may see they have took much pains to little purpose,

Spasmus, Convulsion, Rickets.

Dragons.

They are so well known to every one that plants them in their Gardens they need no Description; if not, let them look down to the lower end of the Stalks, and see how like a Snake they look.

Government and Vertues.] The Plant is under the Dominion of Mars, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juyce, and Distill that in a Glass Still in Sand, It scoureth and cleanseth the internal parts of the Body mightily, Scoureth, Cleanseth, Freckles, Morpew, Sunburning, Wounds, Ulcers, Cankers, Polypus. Spots in the Eyes, Pin and Web, Sight in Wounds and Ulcers, it consumes Cankers, and helpeth, Pestilence. Poyson, Venomous Beasts. Also the distilled Water being dropped into the Eyes takes away Spots there, as also Pin and Web, and mends the dimness of Sight, it is excellent good against the Pestilence and Poyson. Pliny and Dioscorides affirm, That no Serpent will meddle with him that carries this Herb about him.

The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf Elder, called Danewort, and VVall wort.

The Dwarf-Elder

Description.] This is but an Herb, every year dying with his stalks to the ground, and rising afresh every spring, and is like unto the Elder both in form and quality, rising up with a four square rough hairy stalk, four foot high or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in umbles. very like the Elder also, but more sweet in scent after which come small blackish Berries, full of juyce while they are fresh where in there lies small hard Kernels or Seed. The Root doth creep under the upper crust

crust of the ground, springing afresh in divers places, being of the bigness of one finger or thumb sometimes.

Place.] The Elder-Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-Courses.

The Dwarf-Elder groweth wild in many places of England, where being once gotten into a ground, it is not easily gotten forth again.

Time.] Most of Elder-Trees Flower in June, and their Fruit is ripe for the most part in August.

But the Dwarf-Elder, or Wall-wort flowereth somewhat later, and his Fruit is not ripe until September.

Governance and Vertues.] Both Elder and Dwarf-Elder are under the Dominion of Venus. The first shoots of the common Elder boyled like Aspara-

Flegm, Choler, Dropfie, Venomous Beasts, Mad Dogs, Terms provokes, Inflammation, Brain, Ears, Urine provokes. Sunburning, Freckles, Morpheus, Head-ach, Ulcers, Palsie.

gus, and the young Leaves and Stalks boyled in fat Broth doth mightily carry forth Flegm and Choler. The middle or inward Bark boyled in Water, and given to drink, worketh much more violent; and the Berries either green or dry expel the same humor, and is often given with good success to help the Dropfie; The Bark of the Root boyled in Wine or the Juice thereof drunk, worketh the same effects, but more powerfully than either the Leaves or Fruit. The Juice of the Root taken, doth mightily

provoke Vomit, & purgeth the watry humours of the Dropfie. The Decoction of the Root taken cureth the biting of the Adder, and biting of Mad Dogs; it mollifieth the hardness of the Mother, if Women sit thereon, and openeth their Veins, and bringeth down their Courses: The Berries boyled in Wine performeth the same effect; and the Hair of the Head washed therewith is made black. The Juice of the green Leaves applied to the hot inflammations of the Eyes asswageth them. The Juice of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juice of the Berries boyled with a little Honey and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk provoketh Urine. The distilled Water of the Flowers is of much use to clear the Skin from Sunburning, Freckles, Morpheus or the like; and taketh away Head-aches coming of a cold cause, the Head being bathed therewith. The Leaves or Flowers distilled in the Month of May, and the Legs often washed with the said distilled Water, it taketh away the Ulcers and Sores of them: The Eyes washed therewith, it taketh away the redness and Blood-shot. And the Hands washed morning and evening therewith, helpeth the Palsie, and Shaking of them.

The Dwarf-Elder is more powerful than the common Elder, in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens diseases, coloureth the Hair black, helpeth the Inflammations in the Eyes, and pains in the Ears, the biting of Serpents, or a mad Dog,

Gout, Inflammation, Burning, Scabbling, Cholick, Stone, Dysury.

Dog, Burnings and Scaldings, the Wind-Cholick, Cholick and Stone, the difficulty of Urine, the cure of old Sores, and Fissulous Ulcers.

Either Leaves or Bark of elder stripped upwards as you gather it, causeth Vomiting; but stripped downwards, it purgeth downwards. Also Dr Butler in a Manuscript of his, commends Dwarf-Elder to the Sky for Dropsies, viz To drink it being boyled in White-Wine to drink the Decoction I mean, not the Elder.

The Elm-Tree.

THIS Tree is so well known, growing generally in all Countries of this Land, that it is needless to describe it,

Government and Vertues] It is a cold and Saturnine Plant. The Leaves hereof bruised and applyed, healeth green Wounds being bound thereon with its own Bark. The Leaves or the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The Decoction of the Leaves, Bark or Root, being bathed, heals broken bones. The Water that is found in their Bladders on the Leaves, while it is fresh, it is very effectual to cleanse the Skin and make it fair; and if Cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bonnd up with a Truss. The said Water put into a Glass and set into the Ground, or else in Dung for twenty five dayes the mouth thereof being close stopp'd, and the bottom set upon a lay of ordinary Salt that the scum may settle, and Water become very clear, is a singular and soveraign Balm for green Wounds, being used with soft Tents; The Decoction of the Bark of the Root somented, mollifieth hard Tumors, and the shrinking of the Sinews. The Root of the Elm boiled for a long time in Water, and the fat rising on the top thereof being clean scummed off, and the place anointed therewith that is grown Bald, & the Hair fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it come to the form of a Poultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water, is excellent to bath such places as have been burned with fire.

Endive.

Description.] Common Garden Endive beareth a longer and larger Leaf then Succory, and abideth but one year, quickly running up to Stalk and Seed, and then perissheth: It hath blew Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

Government and Vertues.] It is a fine cooling, cleansing, Jovial Plant. The Decoction of the Leaves, or the Juyce, or the distilled Waters of Endive serveth

Agues, Sharpness, Liver, Stomach, of Urine, and Excoriations thereby Passions of the Heart, Ulcers Swellings, Eyes, Gout.

serveth well to cool the excessive heat in the Liver and Stomack, and in the hot fits of the Agues, and all other Inflammations in any part of the Body, it cooleth the heat and sharpness of the Urine, the Excoriations in the Uritory parts; The Seed is of the same property, or rather more powerful; and besides is available for the Fainting, Swoonings, and passions of the Heart. Outwardly applyed they serve to temper the sharp humors of fretting Ulcers, hot Tumors and Swellings, and Pestilential Sores; and wonderfully help not only the redness and inflammations in the Eyes, but the dimness of the sight also: They are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Fevers. See the end of this Book, and the *English Dispensatory*.

Elicampane.

Description.] IT shooteth forth many large Leaves long and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper-side, and gray underneath, each set upon a short foot stalk; from among which rise up divers great, and strong hairy Stalks three or four foot high, with some Leaves thereupon compassing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers, like those of the Corn-Marigold, both the border of Leaves and the middle thrum being yellow; which turn into Down with long, small brownish Seed among it, and is carried away with the wind. The Root is great and thick, branched forth divers ways, blackish on the out-side, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the Plant having any smell.

Place.] It groweth in the moist Grounds and shadowy places, oftner than in the dry and open borders of Fields and Lawes, and in other waste places, almost in every Country of this Land.

Time.] It flowreth in the end of June and July, and the seed is ripe in August. The Roots are gathered for use, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

Government and Vertues.] It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and

Cold Stomach, Wind, Sitch. Spleen, Cough, shortness of Breath, Wheezing Terms provokes

windy Stomach, or the pricking therein, and stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken serveth to the same purpose, and is also profitable for those that have their Urine stopped, or the stopping of Womens Courses, the pains of the Mother, and of the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential Feavers,

and

and the Plague it self. The Roots and Herb beaten, and put into new Ale or Beer, and daily drunk, cleareth, strengtheneth and quickneth the sight of the Eyes wonderfully. The Decoction of the Roots in Wine, or the Juyce taken therein, killeth and driveth forth all manner of Worms in the Belly, Stomach and Maw; and gargled in the Mouth, or the Root chewed fastneth loose Teeth, and helps to keep them from putrefaction: and being drunk, is good for those that spit Blood helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the looseness and pains in the Joynts, or those Members that are out of Joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly and is good for those that are Bursten, or have any inward Bruise. The Roots boyled well in Vinegar, beaten afterwards, and made into an Ointment with Hogs-Suet, or Oyl of Trotters is an excellent Remedy for Scabs or Itch in young or old: The place also bathed or washed with the Decoction doth the same: it also helpeth all sorts of filthy, old putrid Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid: The distilled Water of the Leaves and Roots together, is very profitable to cleanse the Skin of the Face, or other parts, from any Morpew, Spots or Blemishes therein, and make it clear.

Mother Stone, Poyson, venemous Beasts, Pestilence, Eyes, Worms, loose Teeth, spitting Blood, Cramps, Convulsions, Gout, Joynts Itch, Cankers, Freckles, Morpew, Spots.

Eringo, or Sea-Holy.

Description.] The first Leaves of our ordinary Sea-Holy, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges, hard, and sharp pointed, and a little crumpled, of a blewish green colour, every one upon a Foot-stalk: but these that grow up higher with the Stalk, do as it were compass it about. The Stalk itself is round and strong, yet somewhat crested with Joynts, and Leaves set thereat, but more divided, sharp and prickly; and branches rising from thence, which have likewise other small Branches, each of them bearing several blewish round prickly heads, with many small jagged, prickly Leaves under them, standing like a Star, and sometimes found greenish or whitish: The Root groweth wonderful long, even to eight or ten foot in length, set with Rings and Circles, toward the upper part, but smooth and without Joynts down lower, brownish on the out-side, and very white within, with a pit in the middle, of a pleasant taste, but much more being artificially preserved, and candied with Sugar.

Place.] It is found about the Sea-Coast, in almost every Country of this and which bordereth upon the Sea.

Time.] It flowereth in the end of Summer, and giveth ripe Seed within a month after.

Government and Vertues.] The Plant is Venereal, and breedeth Seed exceedingly, and strengthens the Spirit-Precreative; it is hot and moist, and under the Celestial Ballance. Seed breedeth, Obstruction, the Decoction of the Root hereof in Wine, is very effectual

effectual

Yellow Jaundice, Dropfie, Colick, Dysury, Strangury, Reins, French Pox, Kings-Evil, Venomous Bites, Thorns, broken Bones, Splinters, Aposthumes, Melancholy, Quartan and Quotidian Agues, wry Necks.

effectual to open Obstructions of the Spleen and Liver and helpeth Yellow Jaundice, the Dropfie, the pains in the Loins, and Wind-Cholick, provoketh Urine, and expelleth the Stone, procureth Womens Courses. The continued use of the Decoction for fifteen days, taken fasting and next to bedward, doth help the Strangury, the Pissing by Drops, the stopping of Urine, and Stone, and all defects of the Reins and Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the Stone, and that experience hath found

it so: It is found good against the French Pox. The Root bruised & applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings-evil or taken inwardly and applied to the place rung or bitten by any Serpent healeth it speedily. If the Roots be buried and boiled in old Hogi-grease, or salted Lard, and applied to broken Bones, Thorns &c. remaining in the Flesh they do not only draw them forth but heal up the place again, gathering new Flesh where it was consumed: The juyce of the Leaves dropped into the Ears, helpeth Imposthumes therein: The distilled Water of the whole Herb when the Leaves and Stalks are young, is profitably drunk for all the purposes aforesaid; and helpeth the Melancholy of the Heart, and is available for Quartan and Quotidian Agues, as also for them that have their Necks drawn awry, and cannot turn them without their whole Body.

Eye-bright.

Description.] *Common Eye-bright is a small low Herb, rising up usually with one blackish green Stalk, a span high, or not much more spread from the bottom into sundry branches, whereon are set small and almost round yet pointed dark green Leaves, finely snipped about the edges, two always set together and very thick: At the Foynts with the Leaves from the middle upward, come forth small white Flowers striped with purple and yellow spots or stripes; after which follow small round Heads with very small Seed therein The Root is long, and threddey at the end.*

Place.] It groweth in many Meadows, and grassie places in this Land.

Government and Vertues.] It is under the Sign of the Lyon. and Sol claim Dominion over it. If this Herb were but as much used as it is neglected, would half spoil the Spectacle Makers Trade; and a Man would think, Reason should teach People to prefer the preservation of their Natural fore Artificial Spectacles: which that they may be instructed how to do the Vertues of Eye-bright as followeth:

The Juice or distilled Water of Eye-bright taken inwardly in White-Wine or Broth, or dropped into the Eyes for divers times together, helpeth all Infirmities of the Eyes, cause dimness of Sight; Some make Confects of the Flowers to the same effect. Being used as

Eyes, Dimness, Brain, Memory.

these ways, it also helpeth a weak Brain or Memory. This tunned up with strong Beer that it may work together, and drunk. Or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel-seeds, and drunk or eaten with Broth. Or the said Powder made into an Electuary made with Sugar and taken, hath the same powerful effect to help and restore the sight decayed through age; and *Arnoldus de villa nova* saith, It hath restored sight to them that have been blind a long time before.

Fern.

Description.] **O**F this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided, or dented, and of as strong a smell as the Male, the Vertues of them are both alike, and therefore I shall not trouble you with any Description or distinction of them.

Place.] They grow both on Heaths, and in shady places near the Hedgesides in all Countries of this Land.

Time.] They flower and give their seed at Midsummer.

The Female Fern is that Plant which is in *Sussex* called *Brakes*, the Seed of which some Authors hold it to be so rare: such a thing there is I know, and may be easily had upon Midsummer-Eve, and for ought I know, two or three days before or after it, if not more.

Government and Vertues.] It is under the Dominion of *Mercury*, both the Male and Female. The Roots of both these sorts of Ferns, being bruised and

boiled in Mead, or Ponyed Water and drunk, killeth both the broad and long Worms in the Body, and abateth the swelling and hardness of the Spleen. The green Leaves eaten, purge the Belly and cholerick and warriish humors, but it troubles the stomach. They are dangerous for Women with Child to meddle with, by reason they cause Abortment. The Roots bruised and boiled in Oyl, or Hogs-grease, make a very profitable Ointment to heal Wounds or Pricks gotten into the Flesh. The Powder of them used in foul Ulcers, dryeth up their Malignant moisture, and causeth their speedy healing. Fern being burned, the smoak thereof driveth away Serpents, Gnats, and other noisome Creatures, which in Fenny Countrys do in the night time trouble and molest people lying in their Beds with their faces uncovered: it causeth barrenness.

Worms, Spleen, Choler,
Flegm, Stomach, Wound,
Ulcers, Serpents, Gnats,
Venomous Beasts.

Osmond Royal, or Water-Fern.

Description.] **T**His shooteth forth in Spring-time (for in the Winter the Leaves perish) divers rough hard Stalks; half round and hallowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the Edges as the former. From the top of some of these stalks grow forth a long bush of small, and more yellowish green, scaly, Aglets, as it were set in the same manner on the Stalks as the Leaves are, which are accounted the Flowers and Seeds. The root is rough, thick, and scabby,

with a white Pith in the middle, which is called the Heart thereof.

Place.] It groweth on Moors, Bogs, and watery places in many parts of this Land.

Time.] It is green all the Summer, and the Root only abideth in Winter.

Government and Vertues.] Saturn owns the Plant. This hath all the Vertues mentioned in the former Ferns, and is much more effectual than they,

both for inward and outward Grievs, and is accounted singular good in Wounds, Bruises, or the like. The Decoction to be drunk or boiled into an Oyntment, or Oyle, as the Balsom or Balm, and so it is singular good against Bruises, and Bones broken or out of

Joyn, and giveth much ease to the Colick, and Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Roots in White-wine, provokes Urine exceedingly, and cleanseth the Bladder and Passages of Urine.

Featherfew.

Descript.] Common Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges. The Stalks are hard and round, set with many such like Leaves, but somewhat smaller, and at the tops stand many single Flowers upon small Foot-stalks, consisting of many small white Leaves, standing round about a yellow thrumb in the middle. The Root is somewhat hard and short, with many strong fibres about it. The scent of the whole Plant is very strong, and stuffing, and the taste is very bitter.

Place.] This grows wild in some places of this Land, but it is for the most part nourished in Gardens.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] Venus commends the Herb, and hath commended it to succour her Sisters (Women) and to be a general strengthner of their Wombs, and remedy such Infirmities as a careless Midwife hath there caused, if they will be pleased to make use of her Herb boiled in White-Wine, and drink the Decoction, it cleanseth the Womb, expelleth the After-birth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tell them, if they please, they may make a Syrup of it in Summer. It is chiefly used for the Diseases of the Mother,

whether it be the strangling or rising of the Mother or hardness, or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flower in Wine, with a little Nutmeg or Mace put therein and drunk often in a day, is an approved Remedy to bring down Womens Courses speedily, and helps to expel the Dead-birth and After-birth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water or Wine, is effectual also for the same: and in some cases, to apply the boiled

Herb warm to the Privy Parts. The Decoction thereof made with some Sugar

Mother, Womb, Terms
provokes, Dead Birth, After-
Birth, Cough, Reins,
Bladder, Cholera, Flegm,
Melancholy, Sadness, Head-
ach, Ague, Deformity of
the Skin, Wind-Colick,
Opium.

or Honey put thereto, is used by many with good success, to help the Cough and stuffing of the Chest by cold; as also to cleanse the Reins and Bladder, and helps to expel the Stone in them. The Powder of the Herb taken in Wine, and some Oxymel, purgeth both Choler and Flëgm, and is available for those that are short winded, and are troubled with Melancholy, and heaviness or sadness of Spirits. It is very effectual for all pains in the Head coming of a cold cause, the Herb being bruised and applied to the crown of the Head: as also for the Vertigo, that is, a turning or swimming of the Head. The Decoction whereof drunk warm, and the Herb bruised with a few Corns of Bay-salt, and applied to the wrists before the coming of the Ague-fits, doth take them away. The distilled Water taketh away Freckles, and other spots and deformities in the Face. The Herb bruised and heated on a Tile, with some Wine to moisten it, or fryed with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the Wind and Cholick in the lower part of the Belly. It is an especial Remedy against Opium taken too liberally.

Fennel.

Every Garden affordeth this so plentifully, that it needeth no Description. *Government and Vertues.* One good old fashion is not yet left off, viz. To boil Fennel with Fish; for it consumes that flegmatick humour which Fish most plentifully affords and annoys the body by, therefore it is a most fit Herb for that purpose, though few that use it, know why or wherefore they do it. I suppose the reason of its benefit this way is, because it is an Herb of *Mercury* and under *Virgo*, and therefore bears Antipathy to *Pisces*.

Fennel is good to break Wind, to provoke Urine, and ease the pains of the Stone, and help to break it. The Leaves or Seeds boiled in Barley-water and drunk, are good for Nurses to encrease their Milk, and make it more wholsom for the Child. The Leaves or rather the Seed boiled in Water, stayeth the Hiccough, and taketh away the loathing which oftentimes happeneth to the Stomachs of the sick and seaverish persons, and allayeth the heat thereof. The Seed boiled in Wine and drunk, is good for those that are bitten with Serpents, or have eaten poysonful Herbs or Mushrooms. The Seed and the Root much more helpeth to open Obstructions of the Liver, Spleen and Gall, and thereby helpeth the painful and swellings of the Spleen, and the Yellow Jaundice; as also the Gout and Crach.

The Seed is of good use in Medicines to help shortness of Breath and Wheez by stopping of the Lungs. It helpeth also to bring down the Courses; and to cleanse the parts after delivery. The Roots are of most use in Physic Drinks and Broths that are taken to cleanse the Blood, to open obstruction of the Liver, to provoke Urine, and amend the ill colour in the Face After sickness, and cause a good habit through the Body. Both Leaves, Seeds and Roots thereof are much used in Drinks or Broths, to make people more spar

Wind, Dysury, Stone, encrease Milk, amends Milk, Hiccough, Loathing of Meat, Venomous Beasts, Poyson, Musbrams, Obstructions in the Liver, Spleen, and Gall, Yellow Jaundice, Gout, Cramp Wheezing, Terms, Delivery, After-delivery, Cleanse, Open, Fa Eyes.

and lean that are too fat. The distilled Water of the whole Herb, or the condensate Juycce dissolved, but especially the natural Juycce that in hot Countreys issueth out thereof of its own accord, dropped into the Eyes, cleanseth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physicall uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its dryness.

Sow-Fennel, or Hogs-Fennel.

Besides the common Name in English, Hogs-Fennel, and the Latin Name *Peusidanum*, it is called Hoar-strange, and Hoar-strong, Sulphur-wort, and Brimstone-wort.

Description.] The common Sow-Fennel hath divers branched Stalks of thick and somewhat long Leaves, three for the most part joyned together at a place, among which riseth a crested straight Stalk, less than Fennel, with some joyns thereon, and Leaves growing thereat, and towards the tops some branches issuing from thence: likewise on the tops of the Stalks and Branches, stand divers tufts of yellow Flowers, where after grow somewhat flat, thin, and yellowish Seed bigger than Fennel-seed. The Root groweth great and deep, with many other parts and Fibres about them, of a strong scent like hot Brimstone, and yieldeth forth a yellowish Milk, or clammy juycce almost like a Gum.

Place.] It flowereth plentifully in the salt low Marshes, near by Feversham in Kent.

Time.] It flowereth and seedeth in July and August.

Government and Vertues.] This also is an Herb of Mercury. The Juycce of Sow-Fennel (saith *Discorides* and *Gallen*) used with Vinegar and Rose-water, or the Juycce with a little *Euphorbium* put to the nose, helpeth those that are troubled with the Lethargy, the Frenzy, the turning or giddiness of the Head, the Falling-sickness, long and inveterate Head-ach, the Palsie, Sciatica, and the Cramp, and generally all the Diseases of the Sinews used with Oyl and Vinegar; The Juycce dissolved in Wine, or put into an Egg, is good for the Cough, or shortness of Breath, and for those that are troubled with wind in the Body. It purgeth the Belly gently, helpeth the hardness of the Spleen, giveth ease to Women that

are sore Travel in Child-birth, and easeth the pains of the Reins and Bladder, also the Womb. A little of the Juycce dissolved in Wine, and dropped into the Ears, easeth much of the pains in them; and put into a hollow Tooth, setteth the pains thereof. The Root is less effectual in all the aforesaid Diseases: but the powder of the Root cleanseth foul Ulcers being put into them, and keth out Splinters of broken Bones, or other things in the Flesh, and healeth them up perfectly: as also it dryeth up old and inveterate running Sores, and is of admirable Vertue in all green Wounds.

Figwort,

Figwort, or Throat-wort.

Description.] **C**ommon great Figwort sendeth divers great, strong, hard, square brown stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joyn, which are harder and larger than Nettle-leaves, but not stinging : At the tops of the stalks stand many purple Flowers, set in Husks, which are somewhat gaping and open, somewhat like those of Water Betony : after which come hard round heads, with a small print in the middle, wherein lie small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in Winter.

Place.] It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time.] It flowereth about July, and the seed will be ripe about a month after the Flowers are fallen.

Government and Vertues.] Some Latin Authors call it *Cervicaria*, because 'tis appropriated to the Neck ; and we, *Throatwort*, because it is appropriated to the Throat. *Venus* owns the Herb, and the Coelestial Bull will not deny it, therefore a better Remedy cannot be better for the Kings-Evil, because the Moon that rules the Disease is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of this Herb taken inwardly, and the bruised Herb applyed outwardly, dissolveth clotted and congealed Blood within the Body, coming by any Wound, Bruise or Fall ; and is no less effectual for the Kings-Evil, or any other Knobs, Kernels, Bunches or Wens growing in the Flesh wheresoever ; and for the Hemorrhoids, or Piles, or other Knobs or Kernels, which sometimes grow about the Fundament. An Ointment made hereof,

Congealed Blood by Wound, Bruise or Fall, Kings-Evil, Wens, Hemorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosie.

may be used at all times when the fresh Herb is not to be had. The distilled Water of the whole Plant, Roots and all, is used for the same purposes, and dryeth up the superfluous virulent moisture of hollow and corroding Ulcers : It taketh away all redness, spots and freckles in the Face, as also the Scurf, or any foul deformity therein, and the Leprosie likewise.

Filipendula, or Dropwort.

Description.] **T**his sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Tansie, or rather Agrimony, but harder in handling ; among which rise up one or more stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling Flowers, consisting of five Leaves a-piece, with some threads in the middle of them standing together in a Tuff or Umbel, each upon a small Foot-stalk, which after they have be-

open and blown a good while, do fall away, and in their places appear small, round, chaffie Heads like Bottoms, wherein are the chaffie Seed set and placed. The Root consists of many small, black, tuberous pieces, fastened together by many small, long, blackish strings, which run from one another.

Place.] It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedge sides.

Time.] They flower in June and July, and their Seed is ripe in August.

Government and Vertues.] It is under the Dominion of Venus, and is very

Dysury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheezing, Hoarseness, Cough, Flegm.

effectual to open the passages of the Urine, and helpeth the Strangury, and all other pains of the Bladder and Reins, helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel also, and these are done by taking the Roots in Powder,

or a Decoction of them in White-wine, whereunto a little Honey is added. The same also helpeth to expel the After-birth. The Roots made into Powder, and mixed with Honey into the form of an Electuary, doth much help them whose Stomachs are swollen, dissolving and breaking the Wind which is the cause thereof, and is also very effectual for all the Diseases of the Lungs, as shortness of Breath, Wheezing, Hoarseness of the Throat, and the Cough, and to expectorate tough Flegm, or any other parts thereabouts. It is called *Dropwort*, because it helps such as Piss by Drops.

The Fig-Tree.

FOR to give a Description of a Tree so well known to every body that keeps it in their Garden, were needless. They prosper very well in our *English* Gardens: yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

Government and Vertues.] The Tree is under the Dominion of Jupiter. The Milk that issueth out from the Leaves or Branches when they are broken off being dropped upon Warts taketh them away.

Warts, Headsores, Leprosie, Morpew, Scurf, Scab, Sores, Ulcers, Blood congealed, caused by Bruises or Falls, Biliary-Flux, Kibes, Chilblains, Tooth-ach, Noise in the Ears, Deafness, biting of mad Dogs, venomous Beasts, Cough, Hoarseness, shortness of Breath, Breast, Lungs, Dropsie, Falling-sickness, Lice. The Decoction of the Leaves of a Fig-tree is excellent good to wash sore Heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the Face also of Morpew, and the Body of white Scurf, moist Scabs, and running Sores; if it be dropped into old fretting Ulcers, it cleanseth out the moisture, and bringeth up the flesh: because you cannot have the Leaves green all the year, you may make an Ointment of them whilst you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed Blood caused by bruises or falls, and helps the Bloody-flux. The Ashes of the Wood made into an Ointment with Hogs-grease, helps Kibes and Chilblains.

The Juice being put into a hollow Tooth, caseth pain, as also pain and noise in the

the Ears; being dropped into them, and deafness. An Ointment made of the Juyce and Hogs-grease, is as excellent a Remedy for the biting of mad Dogs or other venomous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarseness, or shortness of Breath, and all Diseases of the Breast and Lungs: It is excellent good for the Dropfie, and Falling-sickness. They say that the Fig-tree as well as the Bay-tree is never hurt by Lightning; as also that a Bull if he be never so mad, if you tie him to a Fig-tree, will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igoticks; yet some Authors say the eating of them make people Lousie.

The yellow Water-flag, or Flower-de-luce.

Description.] *This growing like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square beads, containing in each part somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish colour on the out-side, and of a Horse-flesh colour on the in-side, with many hard fibres thereat, and very harsh in taste.*

Place.] It usually grows in warry Ditches, Ponds, Lakes, and Moor-sides, which are alwaies over-flown with water.

Time.] It flowreth in July, and the seed is ripe in August.

Government and Vertues.] It is under the Dominion of the Moon. The Root of the Water-flag is very astrigent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Blood or Humors, as bleeding at Mouth, Nose or other parts, bloody Fluxes, and the immoderate Flux of Womens Courses. The distilled Water of the whole Herb, Flowers and Roots, is a Sovereign good Remedy for watering Eyes both to be droopped into them, and to have Cloaths or Spunges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in other parts: The said Water fomented on swellings and hot inflammations of Womens fore Breasts, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of Man or Woman, or elsewhere. An Ointment made of the Flowers, is better for these external applications.

Binds, Cools, Dries, Flux, Bloody-Flux, Bleeding, Terms stops, Eyes, Spots, Blemishes, Inflammations, Sore Breasts, Cankers, Ulcers, Noli me tangere.

Flax-weed, or Toad-weed.

Description.] *Our common Flax-weed hath divers Stalks full fraught with long and narrow blue or ash coloured Leaves, and from the middle*

middle of them almost upward, stored with a number of pale yellow flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The Root is somewhat woody and white, especially the main down-right one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place.] This groweth throughout this Land, both by the Way-sides in Meadows, as also by Hedge-sides, and upon the sides of Banks and Borders of Fields.

Time.] It flowereth in Summer, and seed is ripe usually before the end of August.


Government and Vertues.] Mars owns the Herb: In *Suffex* we call it *Gallwort*, and lay it in our Chickens Water to Cure them of the Gall, I think; I am

Dysury, Dropsie, Obstructions of the Liver, Yellow Jaundice, Dead Child, and after-birth, Inflammations, Eyes, Ulcers, Cankers, Fistulaes, Leprosie, Scabs, Pimples, Freckles.

sure it relieves them when they are dropping. This is frequently used to provoke Urine being stopped, and so spend the abundance of those watry humors by Urine, which cause the Dropsie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the Yellow Jaundice, expelleth Poyson, provoketh Womens Courses, driveth forth the dead Child, and After-birth. The distilled Water of the

Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the seeds, or bark of the Root of Walwort, and a little Cinnamon for certain daies together, is held a singular Remedy for the Dropsie: The Juyce of the Herb, or the distilled Water dropped into the Eyes, is a certain Remedy for all heat, inflammations and redness in them, The Juyce or water put into foul Ulcers whether they be cancerous or fistulous, with Tents rould therein, or parts washed or injected therewith, cleanseth them thoroughly from the bottom, and healeth them up safely. The same Juyce of Water also cleanseth the skin wonderfully of all sorts of deformity thereof, as Leprosie, Morphew, Scurf, Wheals, Pimples, or any other spots or marks in the skin, applied of it self, or used with some Powder of Lupines.

Fleawort.

Description.]  Ordinary Fleawort riseth up with a Stalk two foot high or more, full of joynts and branches on every side up to the top, and at every joynt two small, long, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy heads, out of which come forth small whitish yellow threds, like to those of the Plantane-herbs, which are the bloomings or flowers. The seed inclosed in those heads, is small and shining while it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is long but white, hard, and woody, perishing every year, and rising again of its own Seed for divers years, if it be suffered to shed: The whole Plant is somewhat whitish and hairy, smelling somewhat like Rozin.

There

There is another sort hereof differing not from the former in the manner of growing, but only that his Stalk and Branches being somewhat greater, do a little more bow down to the ground: The Leaves are somewhat greater, the Heads somewhat lesser, the Seed alike; and the Root and Leaves abide all the Winter, and perish not as the former.

Place.] The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

Time.] They flower in July or thereabouts.

Government and Vertues.] The Herb is cold, dry and Saturnine. I suppose it obtained the name Fleawort, because the seeds are so like Fleas. The seed fryed, and so taken, stayeth the Flux or Lask of the Belly, and the Corrosions that come by reason of hot cholerick or sharp and malignant Humours, or by the too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the seed made with Rose-water, and a little Sugar-Candy put thereto, is very good in all hot Agues and burning Feavers, and other Inflammations to cool the Thirst, and lenifie the dryness and roughness of the Tongue and Throat. It helpeth also hoarseness of the Voice, and Diseases of the Breast and Lungs caused by heat, or sharp salt humors, and the Frensie also. The Mucilage of the seed made in Plantane-water, whereunto the yolk of an Egg or two, and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings, and pains of the Hemorrhoids or Piles, if it be laid on a Cloth and bound thereto. It helpeth also all Inflammations in any part of the Body, and the pains that come thereby, as the Head-ach and Megrim, and all hot Imposthumes or swellings or breaking out of the skin, as pains of the Joynts, and of those that are out of Joynt; the Blains, Wheals, Pusches, Purples, and the like; as also the pains of the Gout and Sciatica, the bursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and fore Breasts of Women, being often applied thereunto. The Juyce of the Herb with a little Honey put into the Ears, helpeth the running of them, and the Worms breeding in them: The same also mixed with Hogs-grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healerh them.

Flux, Corrosion, Cholerick Humours, Agues, Feavers, Inflammation, Thirst, Hoarsness, salt Humours, Pleurisie, Hemorrhoids, Head-ach, Megrim, Imposthumes, Blains, Wheals, Pusches, Purples, Gout, Joynts, Sciatica, Nipples, fore Breasts, Ears, Worms, Ulcers.

Flixweed.

Description.] It riseth up with a round upright hard Stalk, four or five foot high, spread into sundry Branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow, growing spike-fashion, after which come small long Pods, with very small yellowish seed in them. The Root is long and woody, perishing every year.

There

There is another sort differing in nothing, save only it hath somewhat broader Leaves: They have a strong evil savour being smelt unto, and of a drying taste.

Place.] They grow wild in the Fields by Hedge-sides, and High-ways, and among Rubbish, and many other places.

Time.] They flower and seed quickly after, namely in June and July.

Government and Vertues.] This Herb is Saturnine also. Both the Herb and Seed of *Flixweed*, is of excellent use to stay the Flux or Lask of the Belly, being drunken in Water wherein Gads of Steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfry, and to restrain any other Flux of Blood in Man or Woman, as also consolidate Bones broken, or out of Joynt. The Juyce thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach and Belly, or the Worms that grow in putrid and filthy Ulcers: and made into a Salve, doth quickly heal all old Sores, how foul or malignant so ever they be. The distilled water of the Herb worketh the same effects, although somewhat weaker, yer it is a fair Medicine, and more acceptable to be taken.

It is called *Flixweed*, because it cures the Flux, and for its uniting broken Bones, &c. *Paracelsus* extols it to the Skies. It is fitting Syrups, Ointments, and Plaisters of it were kept in your Houses.

Flower-de-luce.

It is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

Time.] The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in April: the greater sorts in May.

Governments and Vertues.] The Herb is Lunar. The Juyce or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Honey drunk, doth purge and cleanse the stomach of gross and rough Flegm and Choler therein; it helpeth the Jaundice and the Dropsie, by evacuating those humours both upwards and downwards, and because it somewhat hurteth the stomach, is not to be taken with Honey and Spikenard. The same being drunk, doth ease the pains and torments of the belly and Sides, the shaking of Agues, the Diseases of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold humors; it also helpeth those whose Seed passeth from them unawares: It is a Remedy against the Bitings and Stingings of Venomous Creatures, being boyled in Water and Vinegar, and drunk

Being

Being boyled in Wine and drunk, it provoketh Urine, helpeth the Colick, bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough Flegm: It much easeth pains in the Head, and procureth sleep: Being put into the Nostrils, it procureth Sneezing, and thereby purgeth the Head of Flegm: The Juyce of the Root applyed to the Piles or Hemorrhoids, giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking Breath. Oyl called *Oleum Irinum*, if it be rightly made of the great broad flag *Flower-de-luce* (and not of the great bulbous blew *Flower-de-luce*, as is used by some Apothecaries) and Roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumors or swellings in part of the Body, as also of the Matrix: It helpeth the Cramp, or Convulsion of the Sinews: the Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum distilling from thence; and used upon the Breast or Stomack, helpeth to extenuate the cold tough Flegm: It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green, or in Powder, helpeth to cleanse, heal, and incarnate Wounds, and to recover the naked Bones with Flesh again, that Ulcers have made bare; and is also very good to cleanse and heal up Fistulae and Cankers that are hard to be cured.

Fluellin or Lluellin.

Description.] *I* shooteth forth many long branches, partly lying upon the Ground, and partly standing upright, set with almost round Leaves, yet a little pointed, and sometime more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the Joynts all along the Stalks, and with the Leaves come forth small Flowers, one at a place, upon a very small short Foot-stalk, gaping somewhat like Snay-dragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small heel or spur behind; after which came forth small round heads containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again of its sowing.

There is another sort of Lluellin which hath longer branches, wholly trailing upon the ground, two or three foot long, and somewhat more thinner set with Leaves thereon, upon small Foot-stalks. The Leaves are little larger and somewhat round, and cornered sometimes in some places on the Edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were Ears, somewhat hairy, but not hoary, and of a better green colour than the former: The Flowers come forth like the former, but the colours therein are more white than yellow, and the purple not so fair: It is a large Flower, and so are the Seed-vessels. The Root is like the other, and perisheth every year.

Place.] They grow in divers Corn-Fields, and in Borders about them, and in other fertile Grounds, about Southfleet in Kent abundantly, at Buckenorth,

worth, Hamerton, and Richwersworth in Huntingshire, and in divers other places.

Time.] They are in flower about *June* and *July*, and the whole Plant is dry and withered before *August* be done.

Government and Vertues.] It is a *Lunar* Herb. The Leaves bruised and applied with Barley-meal to watering Eyes that are hot and inflamed by defluxions from the Head, do very much help them, as also the fluxes of Blood or Humors, as the Lask, Bloody-flux, Womens Courfes, and stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening; and is no less effectual both to heal and close green Wounds, as to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Bees are industrious and go abroad to gather Honey from each Plant and Flower; but Drones lie at home, and eat up what the Bees have taken pains for: Just so do the Colledge of Physitians lie at home, and domineer, and suck out the sweetness of other Mens Labours and Studies, themselves being as Ignorant in the knowledge of Herbs as a Child of four years old, as I can make appear to any rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide knowledge from their Country-men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, Mens Bodies were better in health by far than now they are, or shall be, if the Colledge can help it. The truth is, This Herb is of a fine-cooling, drying quality, and an Ointment or Plaister of it, might do a man a Courtesie that hath any hot virulent Sores; 'tis admirable for the Ulcers of the *French-Pox*, if taken inwardly, may Cure the Disease. It was first called *Female Speedwel*, but a Shentleman of *Wales*, whose Nose was almost eaten off with the *Pox*, and so near the matter, that the Doctors commanded it to be cut off, being cured only by the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, *Lluellin*.

Foxglove.

Description.] **I**T hath many long and broad Leaves lying upon the Ground, indented about the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple Flowers, a little more long and eminent at the lower edge, with some white spots within them, one about another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having some threads also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed

seed lieth. The Roots are so many small Fibres, and some greater strings among them: The Flowers have no scent, but the Leaves have a bitter hot taste.

Place.] It groweth on the dry sandy grounds for the most part, and as well on the higher as the lower places under Hedge-fides in almost every Country of this Land.

Time.] It seldom flowereth before July, and the seed is ripe in August.

Government and Vertues.] The Plant is under the Dominion of Venus, being of a gentle cleansing Nature; and withal very friendly to Nature. The Herb is familiarly and frequently used by the Italians to

heal any fresh or green Wound, the Leaves being but bruised and bound thereon; and the Juycce thereof is also used in old Sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey, is available to cleanse and purge the Body both upwards and downwards, sometimes

Wounds, Cleanse, Dry, Heat, Obstruction of the Liver and Spleen, Kings-Evil, Falling-sickness, Scabby-Head.

of tough Flegm, and clammy Humors, and to open Obstructions of the Liver and Spleen. It hath been found by experience to be available for the Kings-Evil, the Herb bruised and applied, or an Ointment made with the Juycce thereof, and so used: and a Decoction of two handfuls thereof with four Ounces of Polipody in Ale, hath been found by late experience to Cure divers of the Falling-sickness, that have been troubled with it above twenty years.

My self am confident that an Ointment of it is one of the best Remedies for a scabby Head that is.

Fumitory.

Description.] OUR common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak Stalk, and leaning downwards on all sides many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather blewish Sea-green colour: At the tops of the Branches stand many small Flowers, as it were in a long spike one above another, made like little Birds of a reddish purple colour with whitish bellies: after which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juycce while it is green, but quickly perish with the ripe Seed: In the Corn-fields in Cornwall this beareth white Flowers.

Place.] It groweth in Corn-fields almost every where as well as in Gardens.

Time.] It flowereth in May for the most part, and the seed ripeneth shortly after.

Government and Vertues.] Saturn owns the Herb, and presents it to the World as a Cure for his own Diseases, and strengthener of the parts of the Body he rules: If by my Astrological Judgment of Diseases, from the Decumbiture, you find Saturn the Author of the Disease, or if by direction from a Nativity you fear a Saturnine Disease approaching, you may by this Herb pre-

prevent it in the one, and cure it in the other : and therefore 'tis fit to keep a Syrup of it alwaies by you. The Juyce or Syrup made thereof, or the Decoction made in Whey by it self, with some other purging or opening Herbs and

Liver, Spleen, Choler, Aduſt Melancholy, Madneſs, Forgetfulneſs, Jaundice yellow and black, Peſtilence, Sore Mouth and Throat, Eyes, Hairs, Scabs, Itch, Pimples, Wheals.

Roots to cauſe it to work the better (it ſelf being but weak) it is very effectual for the Liver and Spleen, opening the Obſtructions thereof, and clarifying the Blood from ſaltish, cholerick, and aduſt Humors, which cauſe Leproſie, Scabs, Tettors, and Itches, and ſuch like breaking out of the Skin, and after the purging, doth ſtrengthen all the inward parts : It is alſo good againſt the yellow Jaundice, and ſpendeth it by Urine, which it procureth in abundance. The Powder of the dried Herb given for ſome time together, cureth Melancholy, but the Seed is ſtrongeſt in Operation for all the former Diſeaſes. The diſtilled Water of the Herb is alſo of good effect in the former Diſeaſes, and conduceth much againſt the Plague and Peſtilence, being taken with good Treacle. The diſtilled water alſo, with a little Water and Honey of Roſes, helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juyce dropped into the Eyes, cleareth the ſight, and taketh away redneſs, and other defects in them, altho' it procure ſome pain for the preſent, and cauſe Tears. *Diaſcorides* ſaith, it hindreth any freſh ſpringing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the Juyce hereof with Gum *Arabick* diſſolved therein. The Juyce of Fumitory and Docks mingled with Vinegar, and the places gently waſhed or wet therewith, cureth all ſorts of Scabs, Pimples, Botches, Wheals, Puſhes, which ariſe on the Face or Hands, or any other part of the Body.

The Furz-Buſh.

IT is ſo well known, as well by this Name, as in ſome Countreys by the Name of *Gors* and *Whins*, that I ſhall not need to write any Deſcription thereof, my intent being to teach my Country-men what they know not, rather than to tell them again of that which is generally known before.

Place.] They are known to grow on dry barren Heaths, and other waſte gravelly or ſandy Grounds in all Countreys of this Land.

Time.] They alſo flower in Summer Months.

Government and Vertues.] *Mars* owns the Herb. They are hot and dry

Obſtructions, Liver, Spleen, Yellow Jaundice, Dyſury, Gravel, Stone.

good to open Obſtructions of the Liver and Spleen. A Decoction made with the Flowers thereof, hath been found effectual againſt the Jaundice, as alſo to provoke Urine, and cleanſe the Kidneys from Gravel or Stones ingendred in them. *Mars* doth alſo this by Sympathy.

Garlick.

THE offensiveness of the Breath of him that hath eaten Garlick, will lead you by the Nose to the knowledge thereof, and (instead of a Description) direct you to the place where it groweth in Gardens, which kinds are the best, and most Physical.

Government and Vertues.] Mars owns this Herb. This was anciently accounted the Poor mans Treacle, it being a Remedy for all Diseases or Hurts, (except those which it self breeds.) It provoketh Urine and Womens Courfes, helpeth the biting of mad Dogs, and other Venomous Creatures: killeth Worms in Children, cutteth and avoideth tough Flegm, purgeth the Head, helpeth the Lethargy, is a good Preservative against, and a Remedy for any Plague-sore, or foul Ulcer: taketh away Spots and Blemishes in the Skin, easeth pains in the Ears, ripeneth and breaketh Imposthumes, or other swellings: And for all those Diseases, the Onions are also effectual. But the Garlick hath some more peculiar Vertues besides the former, viz. It hath a special quality to discuss inconveniences coming by corrupt Agues or Mineral Vapours, or by drinking corrupt and stinking Waters; as also by taking of Woolf-bane, Hen-bane, Hemlock, or other poysonful and dangerous Herbs. It is also held good in Hypotrick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoides, or other cold Diseases.

Urine, Terms provokes, mad Dogs, venomous Beasts, Worms, Lethargy, Flegm, Pestilence, Aposthums, mineral Vapours, stinking Waters, Henbane, Hemlock, Wolf-bane, Dropsie, Cramps, Convulsions, Falling-sickness.

Many Authors quote many Diseases this is good for, but conceal its Vices: Its heat is very vehement, and all vehement hot things send up but ill-favour'd vapours to the Brain. In Cholerick men 'twill add fuel to the fire, in Men oppressed by Melancholy, 'twill attenuate the Humour, and send up strong Fancies, and as many strange Visions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea: yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, Why English Herbs should be fittest for English Bodies, hath been proved by the experience of divers Physicians to be not a whit inferior in Vertue to that which cometh from beyond Sea: therefore be pleased to take the Discription of them as followeth.

Descript.] The greater of the two hath many small long Roots thrust down deep in the ground, and abiding all the Winter. The Stalks are somewhat more, sometimes fewer, of a brownish green Colour, which is sometimes two foot high, if the ground be fruitful, having many long, narrow, dark green Leaves, set by couples up to the top: the Flowers are long and hollow, of a purple colour, ending in five corners.

The smaller sort which is to be found in our Land, groweth up with sundry Stalks not a foot high, parted into several small Branches, whereon grow divers small Leaves together, very like those of the lesser Centaury or whitish green colour; on the top of the Stalks grow divers perfect blue Flowers standing in long Husks, but not so big as the other: The Root is very small, and full of thred.

Place.] The first groweth in divers places of both the East and West Countrys, and as well in wet as in dry grounds, as near Long-field by Gravesend, near Cobham in Kent, near Lillingstone in Kent, also in a chalky Place hard by a Paper-Mill not far from Dartford in Kent.

The second groweth also in divers places in Kent, as about Southfleet, and Long-field upon Barton-hills in Bedfordshire: also not far from St. Albans upon a piece of waste chalky ground as you go out of Dunstable-way toward Goshambury.

Time.] They flower in August.

Government and Vertues.] They are under the Dominion of Mars, and is one of the principallest Herbs he is ruler of. They resist Putrefaction, Poyson, Pestilence: neither can a more sure Remedy be found to prevent the Pestilence than it is. It strengthens the Stomach exceedingly, and helps digestion, it preserves the Heart, and preserves it against fainting and swooning: The Powder of the dry Roots helps the biting of mad Dogs, and Venomous Beasts, open Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it: The Herb steeped in Wine, and Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joynts either by cold or evil lodgings: It helps stitches and griping pains in the Sides: and is an excellent Remedy for such as are bruised by Falls: It provokes Urine, and the Terms exceedingly, therefore let it not be given to women with Child: The same is very profitable for such as be troubled with Cramps and Convulsions to drink the Decoction; Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms, by taking half a dram of the Powder in the morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundice, as also the Bots in Cattel: when Kine are bitten on the Udder by any Venomous Beast, do but stroak the place with the Decoction of any of these, and it will instantly help them.

Poyson, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, Biting of mad Dogs, venomous Beasts, Liver, Appetite, Weariness, Joynts, Stitches, Sides, Bruises, Urine provokes, Cramps, Convulsions, Stone, Ruptures, tough Flegm, Scabs, Itch, Sores, Ulcers, Worms, Kings-Evil, Agues, yellow Jaundice, Bots, Venomous Beasts.

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Clove Gilli-Flowers.

IT is in vain to describe an Herb so well known.
Government and Vertues.] They are gallant fine temperature Flowers, of the Nature and under the Dominion of *Jupiter*: yea, so temperate, that no excess, neither in heat, cold, dryness, nor moisture can be perceived in them; they are great strengtheners both of the Brain and Heart, and will therefore serve either for Cordials or *Brain, Heart, Consumption, Strengthens Nature.* Cephalicks as your occasion will serve. There is both a Syrup and a Conserve made of them, and of them alone, commonly to be had at every Apothecaries; to take now and then a little of either, strengthens Nature much, in such as are in Consumptions. They are also excellent good in hot Pestilent Fevers, and expel Poyson.

Germander.

Descript.] **C**ommon Germander shooteth forth sundry Stalks with small and somewhat round Leaves, dented about the edges. The Flowers stand at the tops, of a deep purple colour. The Root is composed of divers Sprigs, which shoot forth a great way round about, quickly over-spreading a Ground.

Place.] It groweth usually with us in Gardens.

Time.] And flowreth in June and July.

Government and Vertues.] It is a most prevalent Herb of *Mercury*, and strengthens the Brain and Apprehension exceedingly: (you may see what humane Vertues are under *Mercury* in the latter end of my *Ephemeris* for 1652.) strengthens them when weak; relieves them when drooping, by this Herb. This taken with Honey (saith *Dioscorides*) is a Remedy for Coughs, for hardness of the Spleen, and difficulty of Urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the Disease, a Decoction being made thereof when it is green and drunk. It also bringeth down Womens Courses, and expelleth the dead Child. It is most effectual against the Poyson of all Serpents, being drunk in Wine, and the bruised Herb outwardly applied; used with Honey, it cleanseth old and foul Ulcers; and made into an Oyl, and the Eyes anointed therewith, taketh away their Dimness and Moistness. It is likewise good for the Pains in the Sides, and Cramps. The Decoction thereof taken for some days together, driveth away and cureth both Tertian and Quartan Agues. It also is good against all Diseases of the Brain, as continual Head-ach, Falling-sickness, Melancholy, Drowziness and dulness of the Spirits, Convulsions and Palsies. A dram of the Seed taken in Powder, purgeth by Urine, and is good against the Yellow-Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The tops whereof when they are in flower, steeped twenty four hours in a draught of White Wine and drunk, killeth Worms in the Belly.

Cough, Spleen, Dysury, Dropsie, Terms provokes, Dead Child, Poyson, Ulcers, Cramps, Agues, Falling-sickness, Head-ach, Melancholy, Dulness of Spirit, Convulsion, Palsie, Yellow-Jaundice, Worms.

Stinking Galdwin.

Description.] **T**His is one of the kinds of Flower-de-luces, having divers Leaves rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk a yard high at least, beareth three or four Flowers at the top, made somewhat like the Flowers of the Flower-de-luce, with three upright Leaves, of a dead purplish Ash-colour, with some Veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the Flower-de-luce doth, but stand loose, or asunder from them. After they are past, there come up three square hard husks opening wide into three parts when they are ripe, wherein lie reddish Seed, turning black when it hath abidden long. The Root is like that of the Flower-de-luce, but reddish on the out-side, and whitish within, very sharp and hot in taste, of as evil scent as the Leaves.

Place.] This groweth as well in Up-land Grounds, as also in moist places, in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nursed up in Gardens.

Time.] It flowereth not until July, and the Seed is ripe in August or September: yet the Husks after they are ripe, opening themselves, will hold their Seeds within them for two or three months, and not shed them.

Government and Vertues.] It is supposed to be under the Dominion of Saturn. It is used by many Country people to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots, and some to make it more gently, do but infuse the sliced Roots in Ale, and some take the Leaves which serve well for the weaker Stomachs. The Juyce hereof put up, or snuffed up the Nose, causeth Sneezing, and draweth from the head much corruption: and the Powder thereof doth the same: The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any griping Pains in their Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and evil quality of Humours, which it stayeth, having first cleansed and purged them by the drying and binding property therein. The Root boyled in Wine and drunk, doth effectually procure Womens Courfes, and used as a Pessary, worketh the same effect, but causeth Abortion in Women with Child. Half a dram of the Seed beaten to Powder, and taken in Wine, doth speedily cause one to Piss which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in all Wounds, and especially

of

of the Head: as also to draw forth any Splinters, Thorns, broken Bones, or any other thing sticking in the Flesh, without causing pains, being used with a little Verdigrease and Honey, and the great Centaury Root. The same boyled in Vinegar, and laid upon any Tumour or Swelling, doth very effectually dissolve and consume them; yea, even the Swellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs and Sores, or Blemishes, or Scars in the Skin where-soever they be.

Golden-Rod.

Description.] **T**His riseth up with brownish small round Stalks, two foot high and sometimes more, having thereon many narrow and long dark green Leaves, very seldom with any dents about the edges, or any Stalks or white Spots therein, yet they are sometimes so found, divided at the tops into many small Branches, with divers small Yellow Flowers on every one of them, all which are turned one way, and being ripe, do turn into Down, and are carried away with the Wind. The Root consists of many small Fibres which grows not deep in the Ground, but abideth all the Winter thereon, shooting forth new Branches every year, the old one lying down to the Ground.

Place.] It groweth in open places of Woods and Copfes, both moist and dry Grounds in many places of this Land.

Time.] It flowereth about the month of July.

Government and Vertues.] *Venus* claims the Herb, and therefore to be sure it restores Beauty Lost. *Arnoldus de villa nova* commands it much against the Stone in the Reins and Kidneys, and to provoke Urine in abundance, whereby all the Gravel or Stone may be avoided. The Decoction of the Herb Green or dry, or the distilled Water thereof is very effectual for inward Bruises: as also to be outwardly applied, it stayeth Bleeding in any part of the Body, and of Wounds; also the Fluxes of Humours, the Bloody-Flux, and Womens Courses: and is no less prevalent in all Ruptures or Burstings, being drunk inwardly and outwardly applied. It is a Sovereign Wound Herb, inferior to none, both for inward and outward Hurts, green Wounds, and old Sores, and Ulcers, are quickly Cured therewith. It is also of special use in all Lotions or Sores, or Ulcers in the Mouth, Throat or Privy-parts of Man or Woman. The Decoction also helpeth to fasten the Teeth that are loose in the Gums.

Beauty lost, Stone, Gravel, Dysury, Wounds, Flux, Bloody-Flux, Terms stops, Ruptures, Ulcers, Sore Mouth and Throat, Teeth loose.

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Gout-wort, or Herb-Gerrard.

Description.] **I**t is a low Herb seldom rising half a yard high, having sundry Leaves standing on brownish green Stalks by threes, snipped about, and of a strong unpleasant savour. The Umbles of Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of room.

Place.] It groweth by Hedges and Wall-sides, and often in the Borders or Corners of Fields, and in Gardens also.

Time.] It flowreth and seedeth about the end of *July*.

Government and Vertues.] *Saturn* rules it: neither is it to be supposed *Goutwort* hath its Name for nothing, but upon Experience to heal the cold *Gout*, and *Sciatica*; as also Joynt-aches, and other cold Grievs. The very hearing of it about one, easeth the Pains of the *Gout*, and defends him that bears it from the Disease.

Gromel.

OF this I shall briefly describe three kinds, which are principally used in Physick, the Vertues whereof are alike, though somewhat different in their manner and form of growing.

Description.] The great *Gromel* groweth up with slender, hard and hairy Stalks trailing and taking Root in the Ground as it lieth thereon, and parted into many smaller Branches with hairy dark green Leaves thereon. At the Joynts with the Leaves come forth very small blew Flowers, and after them hard stony roundish Seed. The Root is long and woody, abiding the Winter, and shooting forth fresh Stalks in the Spring.

The small wild *Gromel* sending forth divers upright hard branched Stalks two or three foot high, full of Joynts, at every of which groweth small long hard and rough Leaves like the former, but lesser: among which Leaves come forth small white Flowers, and after them grayish round Seed like the former: The Root is very big, but with many strings thereat.

The Garden *Gromel* hath divers upright, slender, woody, hairy Stalks, blown and cressed, very little branched, with Leaves like the former, and white Flowers, after which in rough brown Husks is contained a white hard round Seed, shining like Pearls, and greater than either of the former: The Root is like the first described with divers Branches and Strings thereat, which continueth (as the first doth) all Winter.

Place.] The two first grow wild, in barren or untilled places, and by the Way-sides in many places of this Land. The last is a Nurling in the Gardens of the Curious.

Time.] They all flower from *Midsummer* until *September* sometimes, and in the mean time the Seed ripeneth.

Government and Vertues.] The Herb belongs to Dame *Venus*, and therefore if *Mars* cause the Colick or Stone, as usually he doth; if in *Virgo*, this is your Cure. These are accounted to be of a singular force as any other Herb or Seed whatsoever to break the Stone, and to avoid

it, and the Gravel either in the Reins or Bladder, as also to provoke Urine being stopped, and to help the Strangury. The Seed is of greatest use, being bruised and boyled in White Wine or in Broth, or the like, or the Powder of the Seed taken therein, two drams of the Seed in Powder taken with Womens Breast-Milk, is very effectual to procure a speedy Delivery to such Women as have sore Pains in their Travel, and cannot be Delivered. The Herb it self (when the Seed is not to be had) either boyled, or the Juyce thereof drunk is effectual to all the purposes aforesaid, but not so powerful or speedy in Operation.

Goosberry.

Goosberry-bush.

Called also Feap-berfy, and in *Sussex* Dew-berfy-bush, and in some Countries, Wine-berfy.

Government and Vertues.] They are under the Dominion of *Venus*. The Berries while they are unripe, being scalded or baked, are good to stir up a fainting or decayed Appetite, especially such whose Stomachs are afflicted by Cholerick Humors; they are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the Tree, cools hot Swellings and Inflammations; as also *St. Antonies-fire*. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent Heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidneys and Bladder. All the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

Appetite, Stomach, Womens Longing, Swelling, Inflammation, St. Antonies-fire, Stomach, Liver, Stone, Gravel, Worms.

Winter-green.

Descript.] **T**His sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-Tree; from whence ariseth a slender weak Stalk, yet standing upright bearing at the top many small white and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leaves with many yellowish threads standing in the middle about a green Head, and a long stele with them, which in time groweth to be the Seed-Vessel, which being ripe, is found five square with a small point at it, wherein is contained Seed as small as dust.

Place.] It groweth seldom in Fields, but frequent in the Woods Northwards, viz. in *York-shire, Lancashire, and Scotland*.

Time.] It flowreth about *June and July*.

Government and Vertues.] Winter-green is under the Dominion of *Saturn*, and is a singular good Wound-Herb, and an especial Remedy for to heal green Wounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of the green Herbs stamped, or the Juyce boyled with Hogs-lard, or with Sallet Oyl and Wax, and some Turpentine added unto it, is a Sovereign Salve, and highly extolled by the Germans, who much use it to heal all manner of Wounds and Sores. The Herb boyled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder doth wonderfully help them.

Wounds, Ulcers, Kidneys, Bladder, Flux, Bloody-Flux, Terms stops, Inflammations, Cankers, Fistulaes.

It stayeth all Fluxes, whether of Blood or Humors, as the Lask, Bloody-Fluxes, Womens Courses and Bleeding of Wounds, and taketh away any Inflammation rising upon Pains of the Heart. It is no less helpful for foul Ulcers hard to be Cured: as also for Cankers or Fistulae. The Distilled Water of the Herb doth effectually perform the same thing.

Groundsel.

Descript.] OUR common Groundsel hath a round, green, and somewhat brownish stalk, spread toward the top into Branches, set with long and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak-Leaves, but lesser, and round at the end: at the tops of the Branches stand many small green Heads, out of which grow many small yellow Threds or Thrums which are the Flowers, and continue many days blown in that manner before it pass away into Down, and with the Seed is carried away in the Wind. The Root is small and threddy, and soon perisbeth, and as soon riseth again of its own sowing, so that it may be seen many Months in the Year, both green, and in Flower and Seed; for it will spring and Seed twice in a Year at least, if it be siffered in a Garden.

Place.] This groweth almost every where, as well on tops of Walls, as at the foot among Rubbish, and untilled Grounds, but especially in Gardens.

Time.] It flowreth as is said before, almost in every Month through the Year.

Government and Vertues.] The Herb is *Venus* her Mistress-piece, and is as gallant an Univerfal Medicine for all Diseases coming of Heat whatsoever they be, or in what part of the Body soever they lie as the Sun shines upon; 'tis very safe and friendly to the Body of Man; yet causeth Vomiting if the Stomach be afflicted, if not, Purging, and it doth it with more gentleness than can be expected; 'Tis moist and something cold withal, thereby causing expulsion, and repressing the Heat caused by the motion of the Internal Parts in Purges and Vomits. Lay by our Learned Receipts, Take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of Crocus Metallorum, &c. This Herb alone preserved into a Syrup in a distilled Water, in an Oyntment, shall do the deed for you in all hot Diseases, and it shall do it, 1. Safe, 2. Speedily.

The Decoction of the Herb (saith *Dioscorides*) made with Wine and drunk, helpeth the Pains of the Stomach proceeding of Choler (which it may well do by a Vomit,) as daily experience sheweth. The Juice whereof taken in Drink, or the Decoction of it in Ale, gently performeth the same. It is good against the Jaundice and Falling-sickness, being taken in Wine; as also against difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a dram thereof given in Oxymel, after some walking or stirring of the Body. It helpeth also the Sciatica, griping of the Belly, and the

Colick,

Colick, helpeth the defects of the Liver, and provoketh Womens Courses. The fresh Herb boyled ond made into a Pultis and applied to the Breasts of Women that are swoln with Pain and Heat, as also to the Privy Parts of Man and Woman, the Seat or Fundament, or the Arteries, Joynts and Sinews when they are inflamed and swoln, doth much ease them: and used with some Salt, helpeth to dissolve Knots or Kernels in any part of the Body. The Juyce of the Herb, or (as *Dioscorides* saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb performeth well all the aforesaid Cures, but especially for Inflammations or watering of the Eyes by reason of the Defluxion of Rhume unto them.

Hearts-Ease.

THis is that Herb which such Physitians as are licensed to Blasphemy by Authority without danger, having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, live in idleness, Cul-me-to-you; and in *Suffex* we call them Pansies.

Place.] Besides those which are brought up in Gardens, they grow commonly about, wild in the Fields, especially in such as are very barren; sometimes you may find it on the tops of high Hills.

Tim.] They flower all the Spring and Summer.

Government and Vertues.] The Herb is really Saturnine, something cold, viscous and slimy: A strong decoction of the Herbs and Flowers (if you will, you may make it into Syrrup, or distilled in an Alembick with what Vehicle you please) is an excellent Cure for the French

Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers Foreign Physitians have confessed: The Spirit of it is excellent good for the Convulsions in Children, as also for Falling-sickness, and a gallant Remedy for the Inflammations of the Lungs and Breast, Pleurisie, Scabs, Itch, &c. It is under the Cœlestial Sign Cancer.

French-Pox, Convulsions, Falling-sickness, Inflammations in the Breast and Lungs, Pleurisie, Scabs, Itch.

Hartichokes.

THe Latines call them *Cinara*, only our Colledge call them *Artitochus*.

Government and Vertues.] They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Lust much, as indeed they do, being something windy Mear, and yet they stay the involuntary course of natural Seed in Man, which is commonly called Nocturnal Pollutions. And here I care not greatly

Lust provoketh, Nocturnal Pollutions, Purgeth by Urine,

if I quote a little of *Galen's* Non-sense in his Treatise of the Faculties of Non-

ishment, he saith, They contain plenty of Cholerick Juice (which notwithstanding I can scarcely believe) of which he saith is ingendred Melancholy Juyce, and of that Melancholy Juyce thin Cholerick Blood: but to proceed; this is certain, That the Decoction of the Root boyled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk purgeth by Urine exceedingly.

Harts-Tongue.

Descript.] **T**His hath divers Leaves rising from the Root, every one severally, which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little Sap in them, and straked on the back athwart on both sides of the middle Rib with small and somewhat long and brownish Marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds, folded or interlaced together.

Time.] It is green all the Winter, but new Leaves spring every year.

Government and Vertues.] Jupiter claims Dominion over this Herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you shall do well to keep it in a Syrup all the year, for though Authors say 'tis green all the year, I scarce

believe it. *Harts-Tongue* is much commended against Spleen, Liver, Flux, the hardness and stoppings of the Spleen and Liver, Bloody-Flux, Hiccough, and against the heat of the Liver and Stomach, and against Lasks, and the Bloody-Flux: The distilled Gums, Venemous Beasts.

Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Palate, and stay the Bleeding of the Gums being gargled in the Mouth. *Dioscorides* saith, it is good against the Stinging and Biting of Serpents. As to the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one year or two.

Hazel-Nut.

Hazel-Nuts are so well known to every Boy, that they need no Description.

Government and Vertues.] They are under the Dominion of *Mercury*. The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honey-Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the Distillations of

Rheum from the Head; The dried Husks and Shells to the weight of two drams taken in red Wine, stayeth Lasks and Womens Courtes, and so doth the red Skin that covers the Kernels, which is more effectual to stay Womens Courtes.

And if this be true, as it is, then why should the Vulgar so familiarly affirm, That eating Nuts causeth shortness of Breath, than which nothing is faller? For, how can that which strengthens the Lungs, cause shortness of Breath? I confess the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are Mens Tongues so given to slander one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel-Nut be stopping, 'tis the Husks and Shells, and no body is so mad to eat them unless Physically, and the red Skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

Hawkweed.

Descript.] *It hath many large Leaves lying upon the Ground, much rent or torn on the sides into many gashes like Dandelyon, but with greater parts more like the smooth Sow-Thistle, from among which ariseth a hollow rough Stalk two or three foot high, branched from the middle upward, wherein are set at every Joynt longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the Hawk-weeds (for there are many kinds of them) do hold, which turn into Down, and with the small brownish Seeds, is blown away with the Wind: The Root is long and somewhat greater, with many small Fibres thereat. The whole Plant is full of bitter Milk.*

Place.] It groweth in divers places about Field-sides, and the Path-ways in dry Grounds.

Time.] It flowreth and flies away in Summer Months.

Government and Vertues.] Saturn owns it. Hawk-weed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the Stomach, and Gnawings therein, for Inflammations, and the hot Fits of Agues. The Juyce thereof in Wine helpeth Digestion, dissolveth Wind, hindreth Crudities abiding in the Stomach, and helpeth the difficulty of making Water, the biting of Venomous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against all other Poysons. A scruple of the dried Juyce given in Wine and Vinegar, is profitable for those that have the Dropsie. The Decoction of the Herb taken with Honey, digesteth thin Flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Succory made with Wine and taken, helpeth the Wind-Colick and hardness of the Spleen, it procureth Rest and Sleep, hindreth Venery and Venereous Dreams, cooleth Heats, purgeth the Stomach, encreaseth Blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the

Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysury, Venomous Beasts, Poyson, Dropsie, Flegm, Colick, Spleen, Watching, Lust stops, Venereous Dreams, Reins, Bladder.

Eyes,

Eyes, Ulcers, Burnings, Inflammations, St. Anthonies-fire, Heat, Salt, Flegm, Convulsion, Cramp, Freckles, Spots, Morpew, Wrinkles.

Eyes, used with some Womens Milk, and used with good success in fretting or creeping Ulcers, especially in the beginning. The green Herb bruised, and with a little Salt applied to any place burnt with Fire before Blisters do arise, helpeth them, as also Inflammations, St. Anthonies-fire, and all Pustules and Eruptions, Heat and salt Flegm. The same applied with Meal and fair Water in manner of a Pultis to any place affected with Convulsion and the Cramp, or such as are out of Joynt, doth give help and ease, The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew or Wrinkles in the Face.

The Hawthorn.

IT is not my intention to trouble you with a Description of this Tree, which is so well known that it needeth none.

It is ordinarily but a Hedge-bush, although being pruned and dressed, it groweth to a Tree of a reasonable height.

As for the Hawthorn Tree at *Glassenbury*, which is said to flower yearly on *Christmas-Day*, it rather shews the Superstition of those who observe it for the time of its flowering, than any great wonder, sith the like may be found in divers other places of this Land; as in *Whey-street* in *Rumney-Marsh*, and near unto *Namptwich* in *Cheshire*, by a place called *White Green*, where about *Christmas* and *May*; if the Weather be frosty, it flowereth not until *January*, or that the hard Weather be over.

Government and Vertues.] It is a Tree of *Mars*. The Berries or the Seeds in the Berries beaten to Powder, being drunk in Wine, a held singular good against the Stone, and are good for the Dropisie. The distilled Water of the Flowers stayeth the Lask. The Seeds cleared from the Down, bruised and boyled in Wine,

and drunk, is good for inward tormenting pains: If Cloaths and Spunges be wet in the said distilled Water, and applied to any place wherein Thorns, Splinters or the like, do abide in the Flesh, it will notably draw them forth.

And thus you see the Thorn gives a Medicine for his own pricking, and doth almost every thing else.

Hemlock.

Description.] **T**He common great Hemlock groweth up with a green Stalk, four or five foot high or more, full of red Spots sometimes, and at the Joynts very large winged Leaves set at them, which are divided into many other winged Leaves one set against another, dented about the edges, of a sad green colour, branched towards the top, where it is full of Umbles of white Flowers, and afterwards with whitish flat Seed: The Root is long, white and sometimes crooked and hollow within. The whole Plant, and every part hath a strong beady and ill favour'd scent, much offending the Senses.

Place.] It groweth in all Countries of this Land by Walls and Hedges, in waste Grounds, and untilld places.

Time.] It flowereth and seedeth in July, or thereabouts.

Government and Vertues.] Saturn claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a Priapismus, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposite Disposition of Saturn to Venus those Faculties, and therefore he forbade the applying of it to those parts that it might not cause Barrenness, or spoil the Spirit procreative, which if it be yet applied to the Privities it stops lustful thoughts.

Hemlock is exceeding cold, and very dangerous, especially to be taken inwardly. It may safely be applied to Inflammations, Tumors and Swellings in any part of the Body (save the Privy-Parts) as also to St. Antonies-fire, Wheals, Pusshes, and creeping

Letchery, Inflammations, St. Antonies-fire, Tetters, Ring-worms, Eyes, Pin and Web, Gout.

Ulcers that rise of hot sharp Humours by cooling and repelling the Heat. The Leaves bruised and laid to the Brow or Forehead, is good for their Eyes that are red and swollen, as also to take away a Pin and Web growing in the eye, this is a tried Medicine: Take a small handful of the Herb, and half so much Bay Salt beaten together, and applied to the contrary Wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root hereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Parsley, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzy, or perturbation of the Senses, as if they were stupid or drunk, the Remedy is, as Pliny saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put in Wine, or draught of good Vinegar, therewith *Tragus* doth affirm, That he Cured a Woman that had eaten the Root.

Hemp.

This is so well known to every good House-wife in the Country, that I shall not need to write any Description of it.

Time.] It is sown in the end of March, or beginning of April, and is ripe in August or September.

Government and Vertues.] It is a Plant of Saturn, and good for something else you see, than to make Halsters only. The

seed of Hemp consumeth Wind, and by the much use thereof disperseth it so much that it dryeth up the Natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry cough. The Dutch make an Emulsion out of the

seed, and give it with good success to those that have the Jaundice, especially in the beginning of the Disease, if there be no

Ague

Ague accompanying it, for it openeth Obstructions of the Gall, and causeth digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lask and continual Fluxes, easeth the Cholick, and allayeth the troublesome Humors in the Bowels, and stayeth bleeding at the Mouth, Nose, or other place, some of the Leaves being fried with the Blood of them that bleed, and so given them to eat. It is held very good to kill the Worms in Man or Beast, and the Juyce dropped into the Ears, killeth Worms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head or any other parts, the Herb it self, or the distilled Water thereof doth the like. The Decoction of the Roots easeth the Pains of the Gout, the hard Tumors or Knots in the Joynts, the Pains and Shrinkings of the Sinews, and the Pains of the Hips: The fresh Juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with Fire, being thereto applied.

Henbane.

Description.] **O**UR common Henbane hath very large, thick, soft, woolly Leaves lying upon the Ground, much cut in or torn on the edges, of a dark ill grayish green colour, among which arise up divers thick and short Stalks two or three foot high, spread into divers smaller Branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husks and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler towards the edges with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower with a small pointel of the same colour in the middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, where is contained much small Seed very like Poppy-seed, but of a dusky grayish colour. The Root is great, white and thick, branching forth divers ways under Ground like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.

Place.] It commonly groweth by the Way-sides, and under Hedge-sides and Walls.

Time.] It flowreth in July, and springeth again yearly of its own Seed. I doubt my Authors mistook July for June, if not for May.

Government and Vertues.] I wonder in my heart, how Astrologers could take on them to make this an Herb of Jupiter, and yet Mezaldus, a Man of penetrating Brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument:

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Can- Loads of it may be found near the places where they empty the common

Jakes, and scarce a Ditch to be found without it growing by it. Ergo 'tis an Herb of Saturn.

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere if they be boyled in Wine, and either applied themselves or the Fomentation warm, it also asswageth the Pain of the Gout, the Sciatica, and all other Pains in the Joynts which arise from an hot Cause. And applied with Vinegar to the Fore-head and Temples, helpeth Head-ach and want of Sleep in hot Fevers. The Juyce of the Herb or Seed, or the Oyl drawn from the Seed doth the like. The Oyl of the Seed is helpful for the Deafness, Noise, and Worms in the Ears, being dropped therein; the Juyce of the Herb or Root doth the same. The Decoction of the Herb or Seed or both killeth Lice in Man and Beast. The Fume of the dried Herb, Stalks and Seed burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet by holding them in the Fume thereof. The Remedy to help those that have taken Henbane, is to drink Goats Milk, Honeyed Water, or Pine Kernels, with sweet Wine: Or in the absence of these, Fennel-seed, Nettle-seed, the Seed of Cressies, Mustard, or Raddish, as also Onions or Garlick taken in Wine, do all help to free them from danger, and restore them to their due temper again.

Take Notice, That this Herb must never be taken inwardly; outwardly, an Oyl, Oyntment, or Plaister of it, is most admirable for the Gout; to cool the Venereal Heat of the Reins in the *French-Pox*; to stop the Tooth-ach being applied to the aking side; to *French-Pox, Tooth-ach.* allay all Inflammations, and to help the Diseases before premised.

Hedge-Hysop.

Description.] **D**ivers sorts there are of this Plant, the first of which is an Italian by Birth, and only Nursed up here in the Gardens of the Curious. Two or three sorts are to be found commonly growing wild here; the Description of two of which I shall give you: The first is a smooth low Plant, not a foot high, very bitter in taste, with many square Stalks diversly branched from the bottom to the top, with divers Joynts, and two small Leaves at each Joynt, broader at the bottom than they are at the end, a little dented about the edges, of sad green colour, and full of Veins. The Flowers stand at the Joynts, being of fair purple colour, with some white spots in them, in fashion like those of dead Nettles: The Seed is small and yellow, and the Roots spread much under ground.

The second seldom groweth half a foot high, sending up many small Branches, herein grow many small Leaves set one against the other somewhat broad, at very short: The Flowers are like the Flowers of the other in fashion, but of pale reddish colour: The Seeds are small and yellowish: the Root spreadeth like the other, neither will yield to its fellow one ace of bitterness.

Place.]

Place.] They grow in wet low Grounds, and by the Water-fides: the last may be found among the Bogs on *Hampstead-Heath*.

Time.] They flower in *June* and *July*, and the Seed is ripe presently after.

Government and Vertues.] They are Herbs of *Mars*, and as cholerick and churlish as he is, being most violent purgers especially of *Choler* and *Flegm*: It is not safe taking them inwardly, unless they be well ratified by the Art of the Alchymist, and only the purity of them given; if so used, they may be very healthful both for the *Dropisie*, *Gout*, and *Sciatica*: outwardly used in Ointments, they kill Worms, the Belly being anointed with it; and are excellent good to cleanse old and filthy Ulcers.

Black Hellebore.

IT is called also *Setter-wort*, *Setter-grass*, *Bears-foot*, *Christmas-Herb* and *Christmas-Flower*.

Description.] It hath sundry fair green Leaves rising from the Root each of them standing about a handfull high from the Earth, each Leaf is divided into seven, eight or nine parts, dented from the middle of the Leaf to the point on both sides abiding green all the Winter; about *Christmas-time*, if the weather be any thing temperate, the Flowers appear upon Foot-stalks, also consisting of five large, round, white Leaves a piece, which sometimes are purple towards the edges, with many pale yellow Thrums in the middle: the Seeds are divided into several Cells like those of *Columbines*, save only they are greater, the Seeds are in the colour black, and in form long and round: The Root consisteth of a number of numberless blackish Strings, all united into one Head.

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter when this doth not.

Place.] The first is maintained in Gardens: The second is commonly found in the Woods in *Northamptonshire*.

Time.] The first flowereth in *December* or *January*; the second in *February*, or *March*.

Government and Vertues.] It is an Herb of *Saturn*, and therefore no marvel if it have some sullen conditions with it, and would be far safer being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common Cure is to take Goats Milk; if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all *Melancholy Diseases*, especially such as are of long standing, and

Melancholy, *Quartan Agues*, *Madness*, *Falling-sickness*, *Leprosie*, *Yellow* and *Black Jaundice*, *Gout*, *Sciatica*, *Terms* provokes, *Ulcers*, *Dead Flesh*, *Cough* and *Poison* in Cattel.

Quartan

Quartan Agues, and madness ; it helps the Falling-sickness, and the Leprosie ; both the yellow and the black Jaundice, the Gout, Sciatica, Convulsion, and truly this was found out by experience, That the Roots of that which groweth wild in our own Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary provokes the Terms exceedingly ; also being beaten into Powder and strewed upon foul Ulcers, it consumes the dead Flesh, and instantly heals them ; nay, it will help Gangreens in the beginning ; twenty grains taken inwardly is a sufficient Dose for one time, and let that be corrected with half so much Cinnamon ; Country People used to rowel their Cattel with it : if a Beast be troubled with the Cough, or have taken any Poyson, they bore a hole through the Ear, and put a piece of the Root in it ; this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

Herb-Robert.

Description.] **I**T riseth up with a reddish Stalk two foot high, having divers Leaves thereon upon very long and reddish Foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented likewise about the edges, which oftentimes turn reddish : At the tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more reddish colour, after which come beak-Heads as in others : The Root is small and threddy, and sinelleth as the whole Plant very strong, almost stinking.

Place.] This groweth frequently every where by Way-sides, upon Ditch-banks, and waste Grounds wheresoever one goeth.

Time.] It flowereth in June and July chiefly, and the seed is ripe shortly after.

Government and Vertues.] It is under the Dominion of Venus. Herb-Robert is commended not only against the Stone, but to stay blood, where, or howsoever flowing ; Stone, Bleeding, Terms speedily healeth all green Wounds, and is effectual in old Ulcers in the Privy Parts, or elsewhere. stops, Wounds, Ulcers in the Privities. You may perswade your self this is true, and also conceive a good reason for it, if you but consider 'tis an Herb of Venus, for all it hath a mans Name.

Herb True-love, or One-berry.

Description.] **O**Rdinary Herb True-love hath a small creeping Root running under the upper Crust of the Ground, somewhat like a Couch-grass-Root, but not so white, shooting forth Stalks with Leaves, some whereof carry no Berrys, though others do, every Stalk smooth without Foynts, and blackish green, rising about half a foot high if it bear Berries, otherwise seldom so high, bearing at the top four Leaves set directly one against another in manner of a Cross or Ribband tyed (as it is called) on a true Loves Knot, which are each of them apart somewhat like unto a Nightshade-Leaf, but
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somewhat broader, having sometimes three Leaves, sometimes five, sometimes six, and those sometimes greater than in others. In the middle of the four Leaves riseth up one small slender Stalk about an Inch high, bearing at the top thereof one Flower spread open, like a Star, consisting of four small and long narrow pointed Leaves of a yellowish green colour, and four other lying between them lesser than they; in the middle thereof stands a round dark purplish button or head, compassed about with eight small yellow mealy threads with three colours, make it the more conspicuous, and lovely to behold: This button or head, in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of Juyc, of the bignes of a reasonable Grape, having within many white Seeds. The whole Plant is without any manifest taste.

Place.] It groweth in Woods and Copses, and sometimes in the corners or borders of Fields, and waste Grounds in very many places of this Land; and abundantly in the Woods, Copses, and other places about Chislehurst and Maidstone in Kent.

Time.] They spring up in the middle of April or May, and are in flower soon after: The Berries are ripe in the end of May, and in some places in June.

Government and Vertues.] Venus owns it. The Leaves or Berries hereof are effectual to expel Poyson of all sorts, especially that of the Aconites; as also the Plague, and other Pestilential Diseases. Some have been holpen thereby, saith Mathsius, that have lyen long in a lingering Sickness, and others that by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seed or Berries hereof in Powder every day for twenty days together, they were restored to their former health.

The Roots in Powder taken in Wine easeth the Pains of the Colick speedily: The Leaves are very effectual as well for green Wounds, as to cleanse and heal up filthy Sores and Ulcers; and is very powerful to discuss all Tumors and Swellings in the Cods, Privy Parts, or Groyn, or in any part of the Body, and speedily to allay all Inflammations. The Leaves of the Juyc applied to Felons, or those Nails of the Hands or Toes that have Imposthumes or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the Premises, but is fit to be nourished in every good Womans Garden.

Hyssop.

HYssop is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a Description thereof. The Vertues are as followeth:

Temperature and Vertues.] The Herb is Jupiters, and the Sign Cancer. It strengthens all the parts of the Body under Cancer and Jupiter; which what they may be, is found amply discoursed in my *Astrological Judgment of Diseases*. Dioscorides saith, That Hyssop boyled with Rue and Honey and drunk, helpeth those

those that are troubled with Coughs, shortness of Breath, Wheezing, and Rheumatick Diffillations upon the Lungs: taken also with Oxymel, it purgeth gross humors by the stool; and with Honey, killeth Worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the native Colour of the Body spoiled by the Yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsie and Spleen. Being boyled with Wine, is good to wash Inflammations; and taketh away the black and blew spots and marks that comes by strokes, bruises or falls, being applied with warm Water. It is an excellent Medicine for the Quinzie, or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vinegar, and gargled therewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and ringing Noife of them. Being bruised, and Salt, Honey and Cummin-seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness; which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Griets, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any Cut or green Wound, being thereunto applied.

Hops.

These are so well known that they need no Description, I mean the Manured kind, which every good Husband or Houfewise is acquainted with.

The wild Hop groweth up as the other doth, rambling upon Trees or Hedges that stand next unto them, with rough Branches and Leaves like the former; but it giveth smaller heads, and in far less plenty than it, so that there is scarce a head or two seen in a Tear on divers of this wild kind, wherein consisteth the chief difference.

Place.] They delight to grow in low moist Grounds, and are found in all parts of this Land.

Time.] They spring not up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

Government and Vertues.] It is under the Dominion of Mars. This in Physical Operations, is to open Obstructions of the Liver and Spleen, to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the tops of Hops, as well of the tame as the wild, worketh the same effects. In cleansing the Blood they help to Cure the French Disease, and all manner of Scabs, Itch, and other

Cough, Shortness of Breath, Wheezing, Gross Humors, Worms, Yellow Jaundice, Dropsie, Spleen, Inflammations, Black and blew Spots, Quinsie, Tooth-ach, Noife in the Ears, Venomous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

Liver, Spleen, Obstructions, Blood, Reins cleanseth, French-Pox, Scabs, Itch, Tetters, Ring-worms, Morpew, Poyson, Worms, Terms provokes, Dysury, breakings

Yellow-Jaundice, Liver, Stomach, Agues. breakings out of the Body; as also all Tetter, Ring-worms and spreading Sores, the Morpew and all Discolourings of the Skin. The Decoction of the

Flowers and Tops do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courfes, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the Yellow-Jaundice, easeth the Head-ach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise in Choler and Blood. Both the wild and the manured are of one property, and alike effectual in all the aforesaid Difficafes.

By all these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tell you how it performs these Actions.

Horehound.

Descript.] Common Horehound groweth up with square hairy Stalks, half a yard or two foot high, set at the joynts with two round crumpled rough Leaves, of a sullen hoary green colour, of a reasonable good scent, but a very bitter taste. The Flowers are small, white and gaping, set in a rough, hard, prickly Husk, round about the joynts with the Leaves from the middle of the Stalk upward, wherein afterwards is found small, round, blackish Seed. The Root is blackish, hard and woody, with many strings thereat, and abideth many years.

Place.] It is found in many parts of this Land, in dry Grounds, and waste green places.

Time.] It flowreth in and about July, and the Seed is ripe in August.

Government and Vertues.] It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey,

Difficulty of Breath, Cough, Consumption, Flegm, Terms provoke, After-birth, Weariness, Poyson, Venomous Beasts, Ulcers, Sides, Eyes, Yellow Jaundice, Ears, Obstructions of the Liver and Spleen, Liver, Itch, Tetter, Worms, Dogs bitings, Womens Breasts, Thorns, Asthmaes. is a Remedy for those that are Purfie or Shorwinded, or have a Cough, or are fallen into Consumption either through long Sicknes, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest, being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courfes, to expel the After-birth, and to them that have sore and long Travels, as also to those that have taken Poyson, or are stung or bitten by Venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the Flesh over the Nails. It also helpeth Pains of the Sides. The Juyce thereof with Wine and Honey,

helpeth to clear the Eye-sight, and snuffed up into the Nostrils, purgeth away the

the Yellow Jaundice, and with a little Oyl of Roses dropped into the Ears, easeth the pains of them. *Galen* saith it openeth Obstructions both of the Liver and Spleen, purgeth the Breast and Lungs of Flegm: and used outwardly, it both cleanseth and digesteth. A Decoction of *Horehound* (saith *Matthiolas*) is available for those that have bad Livers, and for those as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boyled in old Hoggrease unto an Ointment, healeth the bitings of Dogs, abateth the Swellings of Womens Breasts, and taketh away the Swellings and Pains that come by any pricking of Thorns, or such like means, and used with Vinegar, it cleanseth and healeth Tetters. There is a Syrup made of *Horehound* to be had at the Apothecaries, very good for old Coughs to rid the tough Flegm; as also to avoid cold Rheum for the Lungs of old Folks, and for those that are Asthmatick or short-winded.

Horstail.

OF that there are many kinds; but I shall not trouble you nor my self with any large Description of them, which to do were but as the Proverb is, *To find a Knot in a Rush*. All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

Descript.] The great Horstail at the first springing hath Heads somewhat like those of *Asparagus*, and after grow to be hard, rough, hallow Stalks, jointed at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush-like hard Leaves, each part resembled a Horse-tail (from whence it was so called) At the tops of the Stalks come forth small Catkins like those of Trees. The Root creepeth under ground, having joynts at sundry places.

Place.] This (as the most of other sorts hereof) groweth in wet Grounds.

Time.] They spring up in April, and their blooming Catkins in July, seeding for the most part in August, and then perish down to the ground, rising afresh in the Spring.

Government and Vertues.] The Herb is belonging to *Saturn*, yet is very harmless, and excellent good for the things following; Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most Physical.

It is very powerful to stanch Bleeding wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applyed outwardly. It stayeth also all sorts of Lasks and Fluxes in Man or Woman, and the Pissing of Blood, and healeth also not only the inward Ulcers, and Excoriations of the Entrails, Bladder, &c. but all other sorts of foul, moist and running Ulcers, and soon sodereth together the tops of green Wounds. It Cureth also Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and

Bleeding, Flux, Terms stops, Pissing Blood, Inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruptures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, red Face.

helpeth the Stone and the Strangury: and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled water being warmed, and hot Inflammations, Pustles, or red Wheals and other breakings out in the Skin, being bathed therewith doth help them; and doth no less ease the swelling heat and Inflammation of the Fundament or Privy Parts in Man or Woman.

Housleek, or Sengreen.

Both these are so well known unto my Country-men, that I shall not need to write any Description of them.

Place.] It groweth commonly on Walls and House-sides, and flowereth in July.

Government and Vertues.] It is an Herb of Jupiter, and is reported by Mizaldus, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward Heats as well as outward, and in the Eyes or other parts of the Body, a Posset made with the Juyce of Housleek

Heat, Eyes, Agues Thirst, Salt Rheums, Ears, Terms stops, Fluxes, Inflammations, St. Antonies-fire, Burning, Scaldings, Tetters, Ring-worms, Corns on the hands and Feet, Head-ach, Frenzie, Watching, Bleeding, Nettles, Bees.

is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quenbeth the Thirst: and is also good to stay all hot defluxions of sharp and salt Rheums in the Eyes, the Juyce being dropped into them, or into the Ears, helpeth them. It helpeth also other Fluxes of Humors in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, St. Antonies-fire, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ring-worms, and the like; and much easeth the pain of the

Gout proceeding from an hot cause, The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It easeth also the Head-ach, and distempered Heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Fore-head. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth Bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees doth quickly take away the pain.

Hounds-Tongue.

Description.] **T**He great ordinary Hounds-Tongue hath many long and somewhat narrow, soft, hairy darkish green Leaves, lying on the Ground somewhat like unto Bugloss-Leaves, from among which riseth up a rough hairy Stalk about two foot high, with some smaller Leaves thereon, and branched at the top into divers parts, with a small Leaf at the foot of every Branch, which is somewhat longer with many Flowers set along the same, which Branch is crooked

turning inwards before it floweth and openeth by degrees in the Flowers do blow, which consist of small purplish red Leaves of a dead colour, scarce rising out of the Husk wherein they stand with some threds in the middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat Seed, with a small pointel in the middle, easily clearing to any Garment that it toucheth, and not so easily pulled off again. The Root is black, thick and long, hard to break, and full of a clammy Juycce, smelling somewhat strong, of an evil scent, as the Leaves also do.

Place.] It groweth in moist places of this Land, in waste Grounds; and un-tilled places by High-way-sides, Lanes and Hedge-sides.

Time.] It floweth about May and June, and the Seed is ripe shortly after.

Government and Vertues.] It is a Plant under the Dominion of Mercury: The Roots is very effectually used in Pills, as well as the Decoctions, or otherwise, to stay all sharp and thin Defluxions of Rheum

from the Head into the Eyes or Nose; or upon the Stomach or Lungs, as also for Coughs or shortness of Breath. The Leayes boyled in Wine (saith Dioscorides) but others do rather appoint it to be made with Water, and do add thereto Oyl and Salt, mollifieth or openeth the Belly downward. It also

helpeth to cure the biting of a mad Dog, some of the Leaves being also applyed to the Wound: The Leaves bruised, or the Juycce of them boyled in Hogs Lard, and applyed, helpeth the falling away of the Hair which cometh of hot and sharp Humors; as also for any place that is scalded or burnt: the Leaves bruised and laid to any green Wound doth heal it up quickly: the Root baked under the Embers wrapped in Paste, or wet Paper, or a wet double Cloth, and thereof a Suppository made, and put up into, or applyed to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The distilled Water of the Herbs and Roots, is very good to all the purposes afore-said, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of Wounds and Punctures, and those foul Ulcers that arise by the French-Pox.

Mizaldus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you; *Hounds-Tongue*, because it ties the Tongues of Hounds, whether it be true or not, I never tried: yet I have cured the Biting of a mad Dog with this only Medicine.

Holly, Holm, or Hulver-bush.

FOR to describe a Tree so well known, is needless.

Government and Vertues.] The Tree is really Saturnine. The Berries expel Wind, and therefore are held to be profitable in the Colick. The Berries have a strong faculty with them; for if you eat a dozen of them in the Morning fasting when they are ripe, and not dried, they purge the Body of gross and clammy Flegm: but if you dry the Berries, and beat them into

Expel Wind, Colick, Flegm, Fluxes, Bloody-Fluxes stop, the Terms, Bones broken, Members out of Joynt, Wutchcraft.

Powder,

Powder, they bind the Body and stop Fluxes, Bloody-Fluxes, and the Terms in Women: The Bark of the Tree, and also the Leaves are excellent good being used in Fomentations for broken Bones and such Members as are out of Joynt. *Pliny* saith, the Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

St. John's-wort.

Descript.] Common St. John's-wort shooteth forth brownish, upright, hard, round Stalks, two foot high, spreading many Branches from the sides up to the tops of them, with two small Leaves set one against another at every place, which are of a deep green colour somewhat like the Leaves of the lesser Centaury, but narrower, and full of small holes in every Leaf, which cannot be so well perceived as when they are held up to the light. At the tops of the Stalks and Branches stand yellow Flowers made of five Leaves a piece, with many yellow threds in the middle, which being bruised do yield a reddish Juice like Blood, after which come small round Heads, wherein is contained small blackish Seed smelling like Rozin. The Root is hard and woody, with divers strings and fibres at it, and of a brownish colour, which abideth in the ground many years, shooting anew every Spring.

Place.] This groweth in Woods and Copfes, as well those that are shady as open to the Sun.

Time.] They flower about Mid-summer, and in July, and their Seed is ripe in the latter end of July or August.

Government and Vertues.] It is under the Coelestial Sign Leo, and under the Dominion of the Sun. It may be if you meet with a Papist that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. St. John's-wort is a singular Wound

Wounds, Bruises, Obstruction, Swellings, Spitting and Vomiting Blood, Venomous Beasts, Dysury, Choler, Agues, Sciatica, Falling-sickness, Palsie.

Herb as any other whatsoever, either for inward Wounds, Hurts or Bruises, to be boyled in Wine and drunk, or prepared into Oyl or Oyntment, Bath or Lotion inwardly. It hath power to open Obstructions, to dissolve Swellings, to close up the lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine, being drunk, or the Seed

made in a Powder, and drunk with the Juice of Knot-grass, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The same helpeth those that are Bitten or Stung by any Venomous Creature: and is good for those that are troubled with the Stone in the Kidneys: or that cannot make Water; and being applied, provoketh Womens Courses. Two drams of the Seed of St. John's-wort made into Powder, and drunk in a little Broth, doth gently expel Choler or congealed Blood in the Stomach: The Decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues whether they be Tertians, or Quartans, doth alter the fits, and by often using, doth take them quite away: The Seed

is much commended being drunk for forty days together, to help the Sciatica, the Falling-sikneſs and the Palfie.

Ivy.

IT is well known to every Child almost to grow in Woods upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time.] It flowreth not until July, and the Berries are not ripe till Christmas that they have felt Winter Frosts.

Government and Vertues.] It is under the Dominion of Saturn. A Pugil of the Flowers, which may be about a dram (saith *Discorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody-Flux. It is an Enemy to the Nerves and Sinews being much taken inwardly, but very helpful unto them being outwardly applied. *Pliny* saith, That the yellow Berries are good against the Jaundice, and taken before one be set to drink hard, preserveth from Drunkenness, and helpeth those that spit Blood: and that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a singular Remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries thereof made into Powder, for two or three days together: They being taken in Wine, do certainly help to break the Stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boyled in Vinegar, and applied warm to the Sides of those that are troubled with the Spleen, Ach or Stitch in the Sides, doth give them much ease: the same applied with some Rose-water and Oyl of Roses to the Temples and Forehead, easeth the Head-ach, though it be of long continuance. The fresh Leaves boyled in Wine, and old filthy Ulcers hard to be Cured washed therewith, doth wonderfully help to cleanse and heal them: It also quickly healeth green Wounds, as also it is effectual to heal all burnings and scaldings, and all kind of exulcerations coming thereby, or by salt flegm or humors in other parts of the Body. The Juyce of the Berries or Leaves insuffed up into the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and Cureth the Ulcers and stench therein: the same dropped into the Ears, helpeth the old and running Sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made with Ivy, so as the drink may stand some small time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

Flux, Bloody-Flux, Jaundice, Spitting Blood, Worms, Drunkenness, Pestilence, Stone, Dysury, Terms provokes, Spleen, Stitch, Head-ach, Ulcers, Wounds, Burnings, Scaldings, Salt, Flegm, Rheum, Sore Eyes.

There seems to be a very great Antipathy between Wine and Ivy; for if any have got a Surfeit by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bruised have been boyled.

Juniper-Bush.

FOr to give a Description of a Bush so commonly known is needless. *Place.*] They grow plentifully in divers Woods in Kent, upon Warny-Common near Brent-Wood in Essex, upon Finchly-Common without High-Gate, hard by the New-found Wells near Dullage, upon a Common between Mitcham and Croydon, in the High-way near Amersham in Buckinghamshire; and many other places.

Time.] The Berries are not ripe the first year, but continue green two Summers and one Winter before they be ripe; at which time they are of a black colour, and therefore you shall always find upon the Bush green Berries: the Berries are ripe about the Fall of the Leaf.

Government and Vertues.] This admirable Solar Shrub is scarce to be parallel'd for his Verrues. The Berries are hot in the third degree, and dry but

Counter-Poyson; Pestilence, Venomous Beasts, Urine provoketh, Dysury, Strangury, Drapsie, Terms provoketh, Mother-fits, Stomach, Wind expels, Colick, Cough, Shortness of Breath, Consumption, Pains in the Belly, Ruptures, Cramp, Convulsions, Speedy Delivery to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengtheneth, Scurvy, Fluxes, stop Piles, Worms, Itch, Scab, Leprosie, Stone, Appetite provoketh, Palsies, Falling sickness.

in the first, being a most admirable Counter-Poyson; and as great a resister of the Pestilence as any grows; they are excellent good against the Bitings of Venomous Beasts; they provoke Urine exceedingly, and therefore are very available to Dysuries and Stranguries: It is so powerful a Remedy against the Dropsie, that the very Lye made of the Ashes of the Herb being drunk Cures the Disease; it provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels Wind: indeed there is scarce a better Remedy for Wind in any part of the Body, or the Colick, than the Chymical Oyl drawn from the Berries: such Countrey People as know not how to draw the Chymical Oyl, may content themselves by eating ten or a dozen of the ripe Berries every Morning fasting, they are Admirable good for the Cough, shortness of Breath, and consumption, Pains in the Belly, Ruptures, Cramps and Convulsions: they give safe and speedy Delivery to Women with Child, they strengthen the Brain, exceedingly, help the Memory, and fortifie the Sight by strengthening the Optick Nerves: They are excellent good in all sorts of Agues, they help the Gout and Sciatica, and strengthen all the Limbs of the Body. The Ashes of the Wood is a special Remedy to such as have the Scurvy to rub their Gumbs with: The Berries stay all Fluxes, help the Hemorrhoids or Piles, and kill Worms in Children: A Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Stabs and Leprosie: The Berries break the Stone, procure Appetite when it is lost, and are excellent good for Palsies and Falling-sickness.

Kidney-wort, or Wall-Peny-royal, or Wall-Peny-wort.

Descript.] It hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk fastened underneath about the middle of it, and a little unevenly weaved sometimes about the edges, of a pale green colour, and somewhat yellow on the upper-side like a Sawcer; from among which rise one or more tender smooth hollow stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long and divided at the edges: The tops are somewhat divided into long branches, bearing a number of Flowers, set round about a long spike one above another, which are hollow and like a little Bell, of a whitish green colour, after which come small Heads containing very small brownish Seed, which falling on the Ground, will plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the Stalk.

Place.] It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon Stone and Mud Walls, upon Rocks also, and in stony places upon the Ground, at the bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

Time.] It usually flowreth in the beginning of May, and the Seed ripening quickly after, sheddeth it self: so that about the end of May, usually the leaves and Stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all Winter.

Government and Vertues.] Venus challengeth the Herb under Libra. The Juice or the distilled Water being drunk is very effectual

for all Inflammations and unnatural Heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruised Herb, or the place bathed with the Juice or distilled Water thereof, and outwardly applied healeth Pimples, Redness, St. Anthony's-fire, Kidneys, Hurt by the Stone, Dysury, Stone, Bloody-flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, Kings-Evil, Kibes, Chilblains.

The said Juice or Water helpeth much also to heal sore Kidneys, torn or fretted by the stone, or exulcerated within, and easeth the pains: It also provoketh Urine, and is available for the Dropsie, and helpeth to break the Stone, cooling the inflamed parts, and other pains of the Bowels and the bloody-Flux. It is singular good to cool the painful Piles, or Hemorrhoidal veins, the Juice being used as a Bath unto them, or made into an Ointment: It is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods: It helpeth the Kernels or Knots in the Neck or Throat, called the Kings-Evil; healeth Kibes and Chilblains if they be bathed with the Juice, or anointed with an Ointment made thereof, and some of the skin of the Leaf laid upon them: It is also used in green Wounds to stay the Blood, and to heal them quickly.

Knapweed.

Description.] **T**HE common sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal, among which riseth a strong round Stalk, four or five foot high, divided into many branches; at the tops whereof stand great scaly green Heads, and from the middle of them thrust forth a number of dark purplish red thrums or threads, which after they are withered and past, there is found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle-seed, but smaller: The Root is white, hard, and woody, and divers fibres annexed thereunto, which perisheth not, but abideth with Leaves thereon all the Winter, shooting fresh every Spring.

Place.] It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds also every where.

Time.] It usually flowreth in June and July, and the Seed is ripe shortly after.

Government and Vertues.] Saturn challengeth the Herb for his own. This Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward Wounds, as also the Fluxes of the Belly: It stayeth the Distillations of thin and sharp Humors from the Head upon the Stomach and Lungs: It is good for those that are bruised by any Fall, Blows or otherwise. It is very profitable for those that are bursten,

and have a Rupture, by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the place. It is singular good in all running Sores, Cankrous and Fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running Sores and Scabs of the Head, or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula and Jaws; and excellent good to stay the Bleeding, and heal up all green Wounds.

Knot-grass.

IT is generally so well known that it needeth no Description.

Place.] It groweth in every County of this Land, by the High-way-sides, and by Foot-paths in Fields, as also by the sides of old Walls.

Time.] It springeth up late in the Spring, and abideth until Winter, when all the Branches perish.

Government and Vertues.] Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juyce of the common kind of Knot-grass is most effectual to stay Bleeding at the Mouth, being drunk in steeld or red Wine: and the Bleeding at the Nose, to be applied to the Forehead and Temples, or to be squirted up into the Nostrils. And no less effectual

to cool and temper the heat of the Blood and Stomach, and to stay any Flux of the Blood and Humors, as Lask, Bloody-Flux, Womens Courses, and Running of the Reins. It is singular good to provoke Urine, help the Strangury, and allayeth the heat that cometh thereby; and is powerful by Urine to expel the Gravel or Stone in the Kidneys and Bladder, a Dram of the Powder of the Herb being taken in Wine for many days together: Being boyled in Wine and drunk, it is profitable to those that are stung or bitten by Venomous Creatures, and very effectual to stay all Dejections of Rheumatick Humors upon the Stomach, and killeth Worms in the Belly or Stomach, quitteth inward Pains that arise from the heat, sharpness, and corruption of Blood and Choler: The distilled Water hereof taken by it self or with the Powder of the Herb or Seed, is very effectual to all the purposes aforesaid, and is accounted as one of the most Sovereign Remedies to cool all manner of Inflammations, breaking out through Heat, hot Swellings and Imposthumations, Gangreens and Fistulous Cankers, or foul filthy Ulcers being applied or put into them; but especially for all sorts of Ulcers and Sores happening in the Privy parts of Men and Women. It helpeth all fresh and green Wounds, and speedily helpeth them. The Juyce dropped into the Ears cleanseth them being foul, and have running matter in them.

It is very prevalent for the Premises; as also for broken Joynts, and Ruptures.

Ladies-Mantle.

Descript.] **I**t hath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a Star, with many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground, divided at the top into two or three small branches, with small yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh small yellowish Seed like Poppy-seed: The Root is somewhat long and black, with many strings and fibres thereat.

Place.] It groweth Naturally in many Pastures, and Wood-sides in Hertfordshire, Wiltshire, and Kent, and other places of this Land.

Time.] It flowreth in May and June, abideth after Seed-time green all the Winter.

Government and Vertues.] *Venus* claims the Herb as her own. *Ladies*. *Mantle* is very proper for those Wounds that have Inflammation, and is very effectual to stay Bleedings, Vomirings, Fluxes of all sorts in Man or Woman, and Bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts, causing them to grow less and hard, being both drunk, and outwardly applied: The distilled Water drunk for twenty days together, helpeth Conception, and to retain the Birth; If the Woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular Wound-Herbs that is, and therefore highly prized and praised by the *Germans*, who use in all Wounds inward and outward, to drink the Decoction thereof, and wash the Wounds therewith, or dip Tents therein, and put them into the Wounds, which wonderfully dryeth up all humidity of the Sores, and abateth Inflammations therein: It quickly healeth all green Wounds, not suffering any Corruption to remain behind, and cureth old Sores, though fistulous and hollow.

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Lavender.

Being an Inhabitant in almost every Garden, it is so well known, that it needeth no Description.

Time.] It flowreth about the end of *June*, and beginning of *July*.

Government and Vertues.] *Mercury* owns the Herb, and it carries his effects very potently. *Lavender* is of special good use for all the Griets and Pains of the Head and Brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drouisie or sluggish Malady, Cramps, Convulsions, Palsies, and often Faintings. It strengtheneth the Stomach, and freeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expellerh the dead Child and After-birth. The Flowers of Lavender steeped in Wine, helpeth them to make Water that are stopped, or

are troubled with the Wind or Colick, if the places be bathed therewith; A Decoction made with the Flowers of Lavender, Horehound, Fennel, & Asparagus-roots, and a little Cinnamon, is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain: To gargle the Mouth with the Decoction thereof is good against the Tooth-ach. Two spoonfuls of the distilled Water of the Flowers taken, helpeth them that have lost their Voice; as also the Tremblings and Passions of the Heart, and Faintings and Swoonings, not only being drunk, but applied to the Temples or Nostrils to be smelt unto; but it is not safe to use it where the Body is repleat with Blood and Humors, because of the hot and subtile Spirits wherewith it is possessed. The Chymical Oyl drawn from *Lavender*, usually called *Oyl of Spike*, is of so fierce and piercing Spirits

that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Grievs.

Lavender Cotton.

IT being a common Garden Herb, I shall forbear the Description, only take notice, that it flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Mercury*. It resisteth Poyson, Putrefaction, and helps the bitings of Venomous Beasts : A dram of the Powder of the dried Leaves taken every Morning fasting in any convenient Vehicle, stops the Running of the Reins in Men, and Whites in Women. The Seed being beaten into Powder, and taken as Worm-seed, it kills the Worms, not only in Children, but also in People of riper years : the like doth the Herb it self being boyled in Milk, and the Milk drunk : the Body bathed with the Decoction of it, helps Scabs and Itch.

Ladies-Smocks, or Cuckoo-Flowers.

Descript.] **T**HE Root is composed of many small white threds, from whence spring up divers long Stalks of winged Leaves consisting of many round tender dark green Leaves set one against another upon a middle Rib, the greatest being at the end, amongst which rise up divers tender, weak, round, green Stalks, somewhat streaked with longer and smaller Leaves upon them ; on the tops of which stand Flowers almost like the Stocks-Gilli-flowers, but rounder and not so long, of a blushing white colour : The Seed is reddish, and groweth in small Pouches, being of a sharp biting taste, and so hath the Herb.

Place.] They grow in moist places and near to Brook-sides.
Time.] They flower in *April* or *May*, and the Lower Leaves continue green all the Winter.

Government and Vertues.] They are under the Dominion of the *Moon*, and very little inferiour to Water-Cresses in all their Operation : They are excellent good for the Scurvy : they provoke Urine and break the Stone, and excellently warm a cold and weak Stomach, restoring lost Appetite, and helpeth Digestion.

Lettuce.

IT is well known, being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

Government and Vertues.] The *Moon* owns them, and that's the Reason they cool and moisten what heat and dryness *Mars* causeth, because *Mars* hath his fall in *Cancer*, and they cool the Heart, because the *Sun* rules it, between whom and the *Moon* is a Reception in the Generation of Man, as you may see in my *Guide for Women*. The Juyc of *Lettuce* mixed or boyled with

Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Choler, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.

with Oyl of Roses, and applied to the Fore-head and Temples, procureth Sleep, and easeth the Head-ach proceeding of an hot cause: being eaten boyle it helpeth to loosen the Belly. It helpeth Digestion, quencheth Thirst, increaseth Milk in Nurses, easeth griping pains of the Stomach or Bowels, that cometh of Choler. It abateth bodily Lust, represseth Venereous Dreams, being outwardly applied to the Cods with a little Camphire.

Applied in the same manner to the Region of the Heart, Liver, or Reins, by bathing the said place with the Juyce or distilled Water, wherein some white Sanders, or red Roses are put also, it not only represseth the Heat and Inflammation therein, but comforts and strengthens those parts, and also tempereth the heat of Urine. Galen adviseth Old Men to use it with Spices, and when Spices are wanting, to add Mints, Rochet, and such like hot Herbs, or Citron, Lemon, or Orange-seeds, to abate the cold of one, and heat of the other. The Seed and distilled water of the Lettuce work the like effects in these things: but the use of Lettuce is chiefly forbidden to those that are shortwinded, or have any Imperfection in their Lungs, or spit Blood.

The Water-Lilly.

OF these there are two principally noted kinds, viz. The white, and the yellow.

Descript.] The white Lilly hath very large, and thick dark green Leaves lying on the Water, sustained by long and thick Foot-stalks, that rise from a great, thick, round and long tuberous black Root, spongy, or loose with many knobs thereon like Eyes, and whitish within, from amidst the which rise also the like thick and great Stalks, sustaining one large great Flower thereon, growing on the out-side, but as white as Snow within, consisting of divers rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threds or thrums in the middle, where after they are past stand round Poppy-like heads full of broad, oily, and bitter Seede.

The yellow kind is a little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining Seede, and a whitish Root, both within and without: The Roots of both being somewhat sweet in taste.

Place.] They are found growing in great Pools and standing Waters, and sometimes in slow running Rivers, and lesser Ditches of Water, in sundry places of this Land.

Time.] They flower most commonly about the end of May, and their Seede is ripe in August.

Government and Vertues.] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers

the Water-Lillies are cold and moist, but the Root and Seed is cold and dry: The Leaves do cool Inflammations, and both outward and inward.

Inflammations, Agues.

Agues, and ſo doth the Flowers alſo, either by the Syrup or Conſerve: The Syrup helpeth much to procure reſt, and to ſettle the Brains of Frantick Perſons, by cooling the hot diſtemperature of the Head. The Seed as well as the Root is effectual to ſtay Fluxes of Blood or Humors, either of Wounds, or of the Belly: but the Roots are moſt uſed, ſome chooſing the one, and ſome the other, to be more effectual to cool, bind, and reſtrain all Fluxes in Man or Woman, as alſo the Running of the Reins: and the paſſing away of the Seed when one is aſleep: but the frequent uſe hereof extinguiſheth Venereous Actions: The Root is likewiſe very good for thoſe whole Uſine is hot and ſharp, to be boyled in Wine and Water, and the Decoction drunk. The diſtilled Water of the Flowers is very effectual for all the Diſeaſes aforeſaid, both inwardly taken and outwardly applied, and is much commended to take away Freckles, Spots, Sunburn, and Morpew from the Face, or other parts of the Body. The Oyl made of the Flowers, as Oyl of Roſes is made, is profitably uſed to cool hot Tumors, and the Inflammations of Ulcers and Wounds, and to eaſe the Pains, and help the Sores.

Watching, Frenzie, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morpew.

Lilly of the Valley.

Called alſo *Corval-Lilly, May-Lilly, and Lilly Conſancy.*

Deſcript.] The Root is ſmall, and creepeth far in the Ground, as Graſs-Roots do: the Leaves are many, amongſt which ariſeth up a Stalk half a foot high, with many white Flowers like little Bells, with turned edges, of a ſtrong, though pleaſing ſmell: the Berries are red, not much unlike thoſe of Sparagus.

Place.] They grow plentifully upon Hamſtead-Heath, and many other Places in this Nation.

Time.] They flower in May, and the Seed is ripe in September.

Temperature and Vertues.] It is under the Dominion of Mercury, and therefore there is no queſtion to be made but it

ſtrengthens the Brain, recruits a weak Memory, and makes it ſtrong again: The diſtilled Water dropped into the Eyes, helps inflammations there, as alſo that Infirmity which they call a Pin and Web: The Spirit of the Flowers diſtilled in Wine, ſtrengthens loſt Speech, helps the Palfie, and is exceedingly good in the Apoplexy, comforteth the Heart and Vital Spirits. *Gerard ſaith,* That the Flowers being cloſe ſtopped up in a Glaſs put into an Ant-hill, and taken away again a Month after, you ſhall find a Liquor in a Glaſs, which being outwardly applied helps the Gout.

Brain, Memory, Inflammations in the Eyes, Pin and Web, loſt Speech, Palfie, Apoplexy, Heart, Vital Spirits, Gout.

White-Lillies.

It were in vain to deſcribe a Plant ſo commonly known in every ones Garden, therefore I ſhall not tell you what they are, but what they are good for.

Govern.

Government and Vertues.] They are under the Dominion of the *Moon*, and by Antipathy to *Mars*, expel Poyson: they are excellent good in Pestilential Fevers: The Roots being bruised and boyled in Wine, and the Decoction

Poyson, Pestilential Fevers, Venom, Dropsie, Scall'd Heads, Unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth.

drunk: for it expels the Venom to the exterior parts of the Body: the Juyce of it being tempered with Barley-meal baked, and so eaten for ordinary Bread, is an excellent Cure for the Dropsie: An Ointment being made of the Root and Hogs-grease, is excellent good for Scall'd Heads, and unites Sinews when they are cut; besides the Vertue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boyled in any convenient Decoction gives speedy Delivery to Women in Travel,

and expels the After-birth: The Root roasted and mixed with a little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores: The Ointment is excellent good for Swellings in the Privities, and will Cure Burnings and Scaldings without a Scar, and trimly deck a bald place with Hairs.

Liquorish.

Description.] **O** U R English Liquorish riseth up with divers woody Stalks, whereon are set at several distances, many narrow, long, green Leaves, set together on both sides of the Stalks, and an odd one at the end, very well resembling a young Ash-tree sprung up from the Seed: This by many Years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike-fashion one above another upon the Stalk, of the form of Pease-blossoms, but of a very pale blew colour, which turn into long, somewhat flat, and smooth Cods, wherein is contained small, round, hard Seed: Thee Root running down exceeding deep into the Ground, with divers other small Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, whereby it is much increased, of a brownish colour on the out-side, and yellow within.

Place.] It is Planted in Fields and Gardens in divers places of this Land, and thereof good Profits is made.

Government and Vertues.] It is under the Dominion of *Mercury*. *Liquorish* boyled in fair Water with some Maiden-hair & Figs, maketh a good Drink for those that have a dry Cough or Hoarseness, Wheezing, shortness of Breath, and for all the griefs of the Breast and Lungs, Phthisick or Consumptions caused by the Distillation of Salt Humors on them. It is also good in all pains of the

Reins, the Strangury and heat of Urine: The fine Powder of *Liquoris* blown through a Quill into the Eyes that have a Lin and Web (as they call it) or Rheumatick Distillations into them doth cleanse and help them: The Juyce of *Liquoris* is as effectual in all the Diseases of the Breast and Lungs, the Reins and Bladder, as the Decoction: The Juyce dissolved in Rose-water, with some Gum Tragacanth, is a fine licking Medicine for Hoarseness, Wheezings, &c.

Liver-

Liver-wort.

Descript.] **C**ommon Liver-wort groweth close, and spreadeth much upon the Ground in moist and shady places, with many sad green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender Stalks an inch or two high at most, bearing small Star-like Flowers at the tops: The Roots are very fine and small.

Government and Vertues.] It is under the Command of Jupiter, and under the Sign Cancer. It is a singular good Liver, Herb for all the Diseases of the Liver, both to cool and cleanse it, and helpeth the Inflammations in any part, and the Yellow Jaundice likewise; being bruised and boiled in small Beer and drunk, it cooleth the Heat of the Liver and Kidneys, and helpeth the running of the Reins in Men, and the Whites in Women: It is a singular Remedy to stay the spreading of Tetters, Ring-Worms, and other fretting and running Sores and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfeits, which causeth their Bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable.

Loose-strife, or Willow Herb.

Descript.] **C**ommon yellow Loose-strife groweth to be four or five foot high or more, with great round Stalks a little crested, diversly branched from the middle of them to the tops into great and long Branches, on all which at the Joynts there grow long and narrow Leaves, but broader below, and usually two at a Joynt, yet sometimes three or four somewhat like Willow-Leaves, smooth on the edges, and of a fair green colour from the upper Joynts of the Branches, and at the tops of them also stand many yellow Flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered Seeds: The Root creepeth under Ground, almost like Couch-grass, but greater, and shoulteth up every Spring, brownish Heads, which afterwards grow up into Stalks: It hath no scent nor taste, but astringent.

Place.] It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time.] It flowreth from June to August.

Government and Vertues.] This Herb is good for all manner of Bleeding at Mouth or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody-flux, given either to drink, or taken by Clyster, it stayeth also the abundance of Womens Courses: It is a singular good Wound-Herb for green Wounds to stay the Bleeding, and quickly close together the Lips of the Wound, if the Herb be bruised, and the Juice only applied: It is often used in

Gargles for Sore Mouths, as also for the Secret Parts: The Smoak hereof being burned, driveth away Flies and Gnats which use in the Night-time to molest People inhabiting near Marshes, and in the Fenny Countries.

Loose-strife, with spiked heads of Flowers.

Descript.] **T**His groweth with many woody square Stalks, full of Joynts about three foot high at least, at every one whereof, stand two long Leaves, shorter, narrower, and of a larger green colour than the former, and some brownish. The Stalks are branched into many long stems of spiked Flowers, half a foot long growing in bundles one above another, out of small Husks, very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple violet colour, or somewhat inclining to redness, in which Husks stand small round Heads after the Flowers are fallen, wherein is contained small Seed. The Root creepeth under Ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the Ground, and more brown than the other Place.] It groweth usually by Rivers and Ditches-sides in wet Grounds, as about the Ditches at and near Lambeth; and in many other places of this Land.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight when 'tis well; and not a better Cure of Sore Eyes, than *Eye-bright* taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Vertues which the former hath, but some peculiar Vertues of his own found out by Experience, as namely, The distilled Water is a present Remedy for Hurts and Blows on the Eyes, and for Blindness, so as the Chrystalline Humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of Judgment, who kept it long to himself as a

great Secret: It also cleareth the Eyes of Dust or any other thing gotten into them, and preserveth the Sight. It is also very much available against Wounds and Thrushs, being made into an Oyntment on this manner: *To every Ounce of the Water, add two Drams of May-butter without Salt, and of Sugar and Wax, of each as much also, let them boyl gently all together: Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the place covered with a Linnen Cloth doubled and Anointed with the Oyntment: and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the Water, and laying on them*

a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinsie, or Kings-Evil in the Throat: The said Water applied warm, taketh away all Spots, Marks, and Scabs in the Skin: And a little of it drunk, quencheth Thirst when it is extraordinary.

Lova 3c.

Lovage.

Descript.] It hath many long and great Stalks, of large winged Leaves divided into many parts, like *Smallage*, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the Stalk, of a sad green Colour, smooth and shining, from among which rise up sundry strong, hollow, green Stalks, five or six foot, yea sometimes seven or eight foot high, full of Joynts, but lesser Leaves set on them, than grow below; and with them toward the tops come forth long branches, bearing at their tops large umbles of yellow Flowers; and after them flat brownish Seed. The Root groweth thick, great and deep, spreading much, and enduring long, of a brownish colour on the out-side, and whitish within. The whole Plant, and every part of it smelleth strong and Aromatically, and is of an hot, sharp, biting taste.

Place.] It is usually Planted in Gardens, where if it be suffered, it groweth huge and great.

Time.] It flowereth in the end of *July*, and seedeth in *August*.

Temperatures and Vertues.] It is an Herb of the *Sun*, under the Sign *Taurus*. If *Saturn* offend the Throat (as he always doth, if he be occasioner of the Malady, and in *Taurus* is the Genesis) this is your Cure. It openeth, cureth and digesteth Humors, and mightily provoketh Womens Courses and Urine. Half a Dram at a time of the dried Root in Powder taken in Wine, doth wonderfully provokes, Dyswarm a cold Stomach, helpeth digestion, and consumeth ry, Cold Stomach, Indigestion, Wind, Gripings and Pains, dissolveth Wind, and resisteth Poyson, Epidemical Diseases, and Infection: It is a known and much praised Remedy. Poyson, Epidemical Diseases, to drink the Decoction of the Herb for any sort of Ague, Agues, Bellyake, Quinsie, Plurisie, Spots, Freckles, Boiles. and to help the pains and torments of the Body and Bowels coining of Cold. The Seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully: The distilled Water of the Herb, helpeth the Quinsie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Plurisie, being drunk three or four times. Being dropped into the Eyes it taketh away the redness or dimness of them; it likewise taketh away Spots or Freckles in the Face. The Leaves bruised and fryed with a little Hogs Lard, and laid hot to any Borch or Boil, will quickly break it.

Lungwort.

Descript.] This is a kind of *Moss* that groweth on sundry sorts of Trees, especially Oaks and Beeches, with broad, grayish rough Leaves diversly folded, crumpled and gashed in on the edges, and sometimes spotted also, and many small spots on the upper-side; it was never seen to bear any Stalk or Flower at any time.

Government and Vertues.] *Jupiter* seems to own this Herb. This is of great use with many Physicians to help the Disease of the Lungs, and for Coughs, Wheezings, and shortness of breath, *Lungs Cough*

ness of breath, which it cureth both in Man and Beast; it is very profitably put into Potions that are taken to stay the moist Humours that flow to Ulcers, and hinder their healing, as else-where. also to wash all other Ulcers in the Privy Parts of Man or Woman.

It is an excellent Remedy boyled in Beer for broken-winded Horses.

Madder.

Descript.] **G**arden Madder shooteth forth many very long, weak, four-square, reddish Stalks, trailing on the Ground a great way, very rough or hairy, and full of Joints; at every of those Joints come forth many divers long, and somewhat narrow Leaves, standing like a Star about the Stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow Flowers: after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a Man's length into the Ground, red and very clear while it is fresh, spreading divers ways.

Place.] It is onely manured in Gardens, or larger Fields, for the profit that is made thereof.

Time.] It flowreth towards the end of Summer, and the Seed is ripe quickly after.

Government and Vertues.] It is an Herb of Mars. It hath an opening quality, and afterwards to bind and strengthen. It is an Affured Remedy for the Yellow Jaundice, by opening the Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the obstructions of the Spleen, and diminisheth the Melancholy Humour, it is available for the Palsie and Sciatica, and effectual for bruises inward or outward, and is therefore much used in Vulnerary Drinks. The Root for all those afore said purposes, is to be boyled in Wine or Water, as the cause requireth, and some Honey and Sugar put thereunto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the swelling and hardness of the Spleen. The Decoction of the Leaves and Branches, is a good Fomentation for Women to sit over that have not their Courses. The Leaves and Roots beaten and applyed to any part that is discoloured with Freckles, Morpew, the white Scurf, or any such Deformity of the Skin, cleanseth them thoroughly, and taketh them away.

Maiden-Hair.

Descript.] **O**ur common Maiden-Hair, doth from a number of hard black Fibers, send forth a great many blackish, shining, brittle Stalks, hardly a span long; in many not half so long, on each side set very thick with small, round, dark green Leaves, and spotted on the back of them like other Fern.

Place.]

Place.] It groweth much upon old Stone Walls in the West parts, and Walls in Kent, and divers other places of this Land; it joyneth likewise to grow by Springs, Wells, and Rocky, moist and shadowy places; and is always green.

Wall-Rew, or ordinary white Maiden-Hair.

Descript.] **T**His hath very fine, pale, green Stalks almost as fine as hairs, confusedly with divers pale green Leaves on every short Foot-stalk, somewhat near unto the colour of Garden Rew, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place.] It groweth in many places of this Land, at Dartford, and the Bridge at Ashford in Kent, at Beaconsfield in Buckingham-shire, at Wolly in Huntingdon-shire, on Frammingham-Castle in Suffolk, on the Church-walls at Mayfield in Sussex, in Summerset-shire, and divers other places in this Land, and is green in Winter as well as in Summer.

Government and Vertues.] Both this and the former are under the Dominion of Mercury, and so is that also which follows after: and the Vertues of both these are so near alike, that though I have described them and their places of growing severally, yet I shall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb Maiden-Hair, being drunk, helpeth those that are troubled with the Cough; shortness of Breath, the Yellow Jaundice, Diseases of the Spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys (in all which Diseases the Wall-Rew is also very effectual. It provoketh Womens Courses, and stayeth both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry; for being green, it loosneth the Belly, and avoideth Colour and Flegm from the Stomach and Liver; it cleanseth the Lungs, and by rectifying the Blood, causeth a good Colour to the whole Body. The Herb boiled in Oyl of Camomel dissolveth Knots, allayeth Swellings, and dryeth up moist Ulcers. The Lye made thereof, is singular good to cleanse the Head from Scurf, and from dry, and running Sores: stayeth the falling or shedding of the Hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boyl it in Wine, putting some Smallage-seed hereto, and afterwards some Oyl. The Wall-Rew is as effectual as Maiden-Hair in all Diseases of the Head, and falling or recovering of the Hair again, and generally for all the afore-mentioned Diseases: And besides, The Powder of it taken in Drink for forty days together, helpeth the Burstings in Children.

Golden Maiden Hair.

TO the two former give me leave to add this, and I shall do no more but onely Describe it unto you; and for the Vertues refer you to the

ner, firh whatsoever is said of them may also be said of this.

Def. ipt.] It hath many small, brownish red hairs to make up the form of Leaves growing about the Ground from the Root; and in the middle of them in Summier, rise small Stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small gold yellow head, lesser than a Wheat Corn, standing in a great Husk. The Root is very small and threddy.

Place.] It groweth on Bogs and Morish places, and also on dry shady places, at *Hampstead-Hearth*, and elsewhere.

Mallows, and Marsh-Mallows.

Common Mallows are generally so well known, that they need no Description.

Our common Marsh-Mallows have divers soft hoary white Stalks rising to be three or four foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallow-leaves, but longer pointed, cut (for the most part) into some few divisions, but deep. The Flowers are many, but smaller also than the other Mallows, and white, or tending to a bluish colour. After which come such like round Cases and Seeds as in the other Mallows. The Roots are many and long, shooting from one Head, of the bigness of the Thumb or finger, very pliant, tough and bending like Liquorish, of a whitish yellow colour on the out-side, and more white within, full of a slimy Juice, which being laid in Water, will thicken it, as if it were Jelly.

Place.] The common Mallows grow in every Country of this Land.

The common Marsh-Mallows in most of the Salt Marshes from *Woolwich* down to the Sea, both on the *Kentish* and *Essex-Shores*, and in divers other places of this Land.

Time.] They flower all the Summer-Months, even until the Winter do pull them down.

Government and Vertues.] *Venus* owns them both. The Leaves of either of the sorts before specified, and the Roots also boyled in Wine or Water, or in Broth with Parsley or Fennel-Roots, doth help to open the Body and is very convenient in hot Agues, or other Distempers of the Body, to apply the Leaves so boyled, warm to the Belly. It not onely voideth hot, cholerick and other offensive Humors, but easeth the pains and torments of the Belly coming thereby; and are therefore used in all Clysters conducing to those purposes: The same used by Nurses, procureth them store of Milk. The Decoction of the Seed of any of the common Mallows, made in Milk and Wine, doth marvelously help Excoriations, the Pitsick; Pleurisie, and other Diseases of the Chest, and Lungs that proceed of hot Causes, if it be continued taking for some time together: The Leaves and Roots work the same Effects: They help much also in the Excoriations of the Guts and Bowels, and hardness of the Mother, and in all hot and sharp Diseases thereof.

Agues,
Choler,
Gripping in
the Belly,
Milk,
Excoriation,
Pitsick,
Pleurisie,
Travel in
Women,
Falling-
sickness.
Eyes,

The Juice drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie Delivery. *Pliny* saith, That whosoever shall take a spoonful of any of the Mallows, shall that day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also and Conserve made of the Flowers, are very effectual for the same Diseases, and to open the Body, being Costive: The Leaves bruised and laid to the Eyes with a little Honey, taketh away the Impostumations of them. The Leaves bruised or rubbed upon any place stung with Bees, Wasps or the like, presently taketh away the pains, redness and swellings that rise thereupon: And *Dioscorides* saith, The Decoction of the Leaves and Roots helpeth all sorts of Poyson, so as the Poyson be presently voided by Vomit. A Pultis made of the Leaves boiled and bruised, whereunto add some Bean or Barly-flower, and Oyl of Roles, is an especial Remedy against all hard Tumors and Inflammations or Imposthumes, and Swellings of the Cods and other parts, and easeth the pains of them; as also against the hardness of the Liver or Spleen, being applied to the places. The Juice of the Mallows boyled in Oyl and applyed, taketh away all roughness of the Skin, as also the Scurf, Dandrif, or dry Scabs in the Head or other Parts, if they be anointed therewith, or washed with the Decoction; and preserveth the Hair from falling off. It is also effectual against Scaldings and Burnings, *St. Antonie's-fire*, and all other hor, and red, and painful Swellings in any part of the Body. The Flowers boyled in Oyl or Water (as every one disposed) whereunto a little Honey and Allum is put, is an Excellent Gargle to wash, cleanse, and heal any sore Mouth, or Throat in a short space. If the Feet be bathed or wrishd with the Decoction of the Leaves, Roots, and Flowers, it helpeth much the Defluctions of Rheum from the Head. If the Head be washed therewith, it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Nitre and applied, draw out Thorns or Pricks in the Flesh.

The *Marsh-Mallows* are more effectual in all the Diseases before mentioned, the Leaves are likewise used to loosen the Belly gently, and in Decoctions for Clysters to ease all Pains of Belly, the Body, opening the strait Passages, and making them slippery, whereby the Stone may descend the more easily, and without pain out of the Reins, Kidneys and Bladder, and to ease the torturing pains thereof: But the Roots are of more special use for those purposes, as well for Coughs, Hoarsness, shortness of Breath, and Wheezings, being boyled in Wine or Honyed Water, and drunk. The Roots and Seeds hereof boiled in Wine or Water, is with good success used by them that have Excoriations in the Guts,

or tion of the

Guts, or the Bloody-Flux, by qualifying the violence of sharp fretting
Ruptures, Humors, easing the Pains, and healing the Soreness: It is pro-
Cramp, fitably taken of them that are troubled with Ruptures,
Convulsi- Cramps, or Convulsions of the Sinews; and boyled in White
ons, the Wine for the Imposthumes of the Throat, commonly called
Kings E- the Kings-Evil, and of those Kernels that rise behind the Ears,
vil, Ker- and Inflammations or Swellings in Womens Breasts. The dried
nels, Chin- Roots boiled in Milk and Drink, is special good for the Chin-
Cough, Cough. *Hippocrates* used to give the Decoction of the Roots, or
Wounds, the Juice thereof to drink to those that were wounded, and
Bruises, ready to faint through loss of Blood, and applyed the same
Falls, mixed with Honey and Rozin to the Wounds: as also the
Blows, Roots boiled in Wine to those that have received any hurt by
Muscles, Bruises, Falls, or Blows, or had any bone or member out of
Morphew, Joynt, or any Swelling Pain, or Ach in the Muscles, Sinews or
Sun-burn- Arteries. The Mucilage of the Roots, and of *Linseed*, and of
ing. *Fenugreek* put together, is much used in Pultisses, Oynments
 and Plaisters, to mollifie and digest all hard Swellings, and the
 Inflammation of them, and to ease Pains in any part of the Body. The Seed
 either green or dry, mixed with Vinegar, cleanseth the Skin of the Mor-
 phew, and all other Discolouring, being bathed therewith in the Sun.

You may remember, that not long since there was a raging Disease,
 called the *Bloody-Flux*; the Colledge of Physicians not knowing what
 to make of it; called it, *The Plague in the Guts*, for their Wits were at
Ne plus ultra about it. My Son was taken with the same Disease, and the
 Excoreation of his Bowels was exceeding great; my Self being in the
 Country was sent for up; the onely thing I gave him, was Mallows bruised
 and boiled both in his Milk and Drink, in two days (the Blessing of God
 being upon it) Cured him; And I here, to shew my thankfulness to God
 in Communicating to his Creature, leave it to Posterity.

Maple-Tree.

Liver streng- Government **I**T is under the Dominion of *Jupiter*. The
thens, open Ob- and Vertues. **I**T Decoction either of the Leaves or Bark,
structions of must needs strengthen the Liver much, and so you shall
the Liver and find it do, if you use it: It is excellent good to open Ob-
Sp een, Pains structions both of the Liver and Spleen, and easeth Pains
in the Sides. of the Sides thence proceeding.

Wide Marjerom

Called also *Organe, Origanum, Bastard Marjerom, Wild Marjerom,*
 and *Groove Marjerom*.

Descript. Wild, or Field Marjerom hath a Root which creepeth much
 under Ground, which continueth a long time, sending up sundry brownish,
 hard, square Stalks, with small dark green Leaves, very like those of
 Sweet-Marjerom, but harder, and somewhat broader; at the tops of the
 Stalks stands tufts of Flowers, of a deep purplish red colour: the Seed is
 small, and something blacker than that of Sweet Marjerom. Pl. cē

Place.] It groweth plentifully in the Borders of Corn-fields, and in some Copfes.

Time.] It flowreth toward the latter end of Summer.

Government and Vertues.] This also is under the Dominion of *Mercury*. It strengthens the Stomach and Head much, there being scarce a better Remedy growing for such as are troubled with a sower Humor in the Stomach; it restores Appetite being lost, helps the Cough, and Consumption of the Lungs, it cleanseth the Body of Choler, expelleth Poyson, and remedyeth the Infirmities of the Spleen; helps the bitings of Venomous Beasts, and helps such as have Poysoned themselves by eating Hemlock, Henbane, or Opium; it provoketh Urine, and the Terms in Women, helps the Dropfie, and the Scurvey, Scabs, Itch, and the Yellow Jaundice: the Juyce being dropped into the Ears, helps Deafness, Pain and Noise in the Ears. And thus much for this Herb, between which, and Adlers there is a deadly Antipathy.

Stomach, Head Humors, Appetite, Cough, Consumption of the Lungs, Poyson, Choler, Spleen; Venomous Beasts, Poyson, Urine provoketh, Terms provokes Dropfie, Scurvy, Scabs, Itch, Leprosie, Yellow Jaundice, Deaf

ness, Noise and Pains in the Ears.

Sweet Marjerom.

Sweet Marjerom is so well known, being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the *Winter Sweet Marjerom*, nor *Pot Marjerom*.

Place.] They grow commonly in Gardens; some sorts there are that grow wild in the borders of Corn-fields and Pastures, in sundry places of this Land; but it is not my purpose to insist upon them: The Garden kinds being most used and useful.

Time.] They flower in the end of Summer.

Government and Vertues.] It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominioa of the same Planet. Our common *Sweet Marjerom*, is warming and comfortable in cold Diseases

of the Head, Stomach, Sinews, and other Parts taken inward-ly, or outwardly applied: The Decoction thereof being drunk, helpeth all Diseases of the Chest, which hinder the easiness of Breathing, and is also profitable for the Obstructions of the Liver and Spleen: It helpeth the cold Grief of the Womb, and the Windiness thereof, and the loss of Speech, by resolution of the Tongue. The Decoction thereof made with some Pellitory of Spain, and long Pepper, or with a little *Acorus* or *Origanum*, being drunk, is good for those that are beginning to fall into a Dropfie, for those that cannot make Water, and against pains and torments in the Belly; it provoketh Womens Courses, if it be put up as a Besset. Being made into Powder, and mixed with Honey, taketh away

Head, Stomach, Breast, Obstructions, Liver, Spleen, Womb, Wind, Dropfie, Belly-ake, Terms provokes

Marks of Blows, away the black Marks of Blows and Bruises being thereto applied. It is good for the Inflammation and watering of the
Noise in the Ears, Eyes, being mixed with fine Flour, and laid unto them. The
Joynts, Juice dropped into the Ears, easeth the pains, and singeing
Sinews, Noise in them. It is profitably put into those Oynments and
Swellings, Salves that are made to warm and comfort the outward parts,
Sneezing, as the Joynts and Sinews, for Swellings also, and places out
Flegm. of Joynt. The Powder thereof snuffed up into the Nose, pro-
 voketh Sneezing, and thereby purgeth the Brain; and chewed
 in the Mouth, draweth forth much Flegm. The Oyl made

thereof is very warming and comfortable to the Joynts that are stiff, and the Sinews that are hard, to mollifie and supple them. *Marjerom* is much used in all odoriferous Waters, Powders, &c. that are for ornament or delight.

Marigold.

These being so plentiful in every Garden, are so well known, that they need no Description.

Time.] They flower all the Summer long, and sometimes in Winter, if it be mild.

Government and Vertues.] It is an Herb of the Sun, and under *Lea*. They strengthen the Heart exceedingly, and are very expulsive, and little less effectual in the small Pox and Meazels than *Heart,* Saffron. The Juice of *Marigold-Leaves* mixed with Vinegar, *Vital* and any hot Swelling bathed with it, instantly giveth ease, and *Spirits,* affwageth it. The Flowers either green or dried, are used *Pestilence,* much in Possers, Broths, and Drinks, as a comforter of the *Small Pox,* Heart and Spirits, and to expel any Malignant or Pestilential *Measles,* quality which might annoy them. A Plaister made with the dried *Hot Swellings,* Flowers in Powder, Hogs-grease, Turpentine and Rozin applied to the Breast, strengthens and succours the Heart infinite- *Feavers,* ly in Fevers, whether Pestilential or not Pestilential. *Pestilence.*

Master-wort.

Descript.] **C**ommon *Master-wort* hath divers Stalks of winged Leaves divided into sundry parts; three for the most part standing together at a small Foot-stalk on both sides of the greater, and three likewise at the end of the Stalk, somewhat broad and cut in off the edges into three or more divisions, all of them dented about the brims, of a dark green colour, somewhat resembling the Leaves of *Angelica*, but that they grow lower to the Ground, and on lesser Stalks; among which rise up two or three short Stalks, about two Foot high, and slender; with such like Leaves at the Joynts as grow below, but with lesser and fewer divisions, bearing Umbles of white Flowers, and after them small, thin, flat blackish Seed, bigger than *Dill-Seed*. The Root is somewhat greater and groweth rather sideways than down deep into the Ground, shooting forth sundry heads, which taste sharp, biting on the Tongue, and is the

hotte

hottest and sharpest part of the Plant, and the Seed next unto it being somewhat blackish on the outside, and smelling well.

Place.] It is usually kept in Gardens with us in England.

Time.] It flowreth and seedeth about the end of August.

Government and Vertues.] It is an Herb of Mars. The Root Cold Griefs of Master-wort is hotter than Pepper, and very available in all Stomach, cold Griefs and Diseases both of the Stomach and Body, dissolving very powerfully upward and downward: It is also used Cold Rheums, in a Decoction with Wine against all cold Rheums, or distillations upon the Lungs, shortness of Breath, to be taken morning and evening; it also provoketh Urine, and helpeth to break Urine, the Stone, and expel the Gravel in the Kidneys; procureth Womens Courses, and expelleth the dead Birth: is singular good for strangling of the Mother, and other such like Feminine Child, Mother, Drop-sie, Cramps and Falling-sickness, for the Decoction of Wine being gargled in the Mouth, draweth down much Water and Fleghm from the Brain, purging and easing it of what oppresseth it: It is of a rare quality against all sorts of cold Poyson, to be taken as there is cause, it provoketh Sweat: but lest the taste hereof, Poyson, or of the Seed (which worketh to the like effect, though not Sweat, so powerful) should be too offensive, the best way is to take Green the Water distilled both from the Herb and Root: The Juice Wounds, hereof dropped, or Tents dropped therein and applied either Rotten Ulcers, to green Wounds, or filthy rotten Ulcers, and those that come Gout. by invenom'd Weapons, doth soon cleanse and heal them. The same is also very good to help the Gout coming of a cold cause.

Sweet Maudlin.

Descript.] Common Maudlin hath somewhat long and narrow Leaves snip'd about the edges: The Stalks are two foot high, bearing at the tops many yellow Flowers, set round together, and all of an equal height in umbles and tufts like unto Tansie; after which followeth small whitish Seed, almost as big as worm-seed: The whole Herb is sweet and bitter.

Place and Time.] It groweth in Gardens, and flowreth in June and July.

Government and Vertues.] The Vertues hereof being the same with Costmay or Alecost, I shall not trouble you to make any repetition thereof, lest my Book grow too big: but rather refer you unto Costmay for satisfaction.

The Medler.

Descript.] The Tree groweth near the bigness of the Quince-tree, spreading Branches reasonable large, with longer and narrower Leaves than either Apple or Quince, and not dented about the edges: At the end of the Sprigs stand the Flowers made of white, great, broad pointed Leaves, nicked in the middle with some white threads also: after which cometh

eth the Fruit of a brownish green colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off, or fallen away, the head of the Fruit is seen to be somewhat hollow. The fruit is very harsh before it be mellowed, and hath usually five hard Kernels within it.

There is another kind hereof differing nothing from the former, but that it hath some Thornes on it in several places, which the other hath not; and usually the Fruit is small, and not so unpleasant.

Time and Place.] They grow in this Land, and flower in May for the most part, and bear Fruit in September and October.

Government and Vertues.] The Fruit is old Saturn's, and sure, a better Medicine he hardly hath to strengthen the retentive Faculty, therefore it staies Womens Longings; the good old Man cannot endure Womens

winds should run a gadding. Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child: They are very powerful to stay any Fluxes of Blood or Humors in Man or Women: the Leaves also have the like quality. The Fruit eaten by Women with Child, stayeth their Longings after unusual Meats, and is very effectual for them that are apt to Miscarry, and be Delivered before their Time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat, and Teeth, when there is any Defluxion of Blood to stay it, or of Humors, which causeth Pains and Swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly; or for the Piles when they bleed too much. If a Pultis or Plaister be made with dried Medlars beaten and mixed with the Juice of Red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Coral also, and applied to the Stomach that is given to casting or loathing of Meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the Wound quickly. The Medlar-stone made into Powder, and drunk in Wine wherein some Parsley Roots have lien Infused all Night, or a little boyled, do break the Stone in the Kidneys, helping to expel it.

Mellilot, or Kings Claver.

Descript.] **T**His hath many green Stalks two or three foot high, rising from a tough long white Root which dieth not every year, set round about the Joynts with small, and somewhat long, well smelling Leaves set three together, unevenly dented about the edge. The Flowers are Yellow, and well smelling also, made like other Trefoyls, but small standing in long spikes one above another, for an hand breadth long, or better, which afterwards turn into long crooked Cods, wherein is contained flat Seed, somewhat brown.

Place.

Place.] It groweth plentifully in many places of this Land, as in the edge of *Suffolk*, and in *Essex*, as also in *Huntington-shire*, and in other places, but moſt uſually in Corn-fields, in corners of Meadows.

Time.] It floweth in *June* and *July*, and is ripe quickly after.

Government and Vertues.] *Melilot* boyled in Wine, and applied, mollifieth all hard Tumors and Inflammations that happen in the Eyes or other parts of the Body, as the Fundament, or Privy Parts of Men or Women; and ſometimes the Yolk of a roasted Egg, or fine Flour, or Poppy-feed, or Endive is added unto it. It helpeth the ſpreading Ulcers in the Head, it being waſhed with a Lye made thereof. It helpeth the pains of the Stomach being applied freſh, or boyled with any of the aforeſaid things. It helpeth alſo the pains of the Ears, being dropped into them; and ſteeped in Vinegar, Roſe-water, it mitigateth the Head-ach. The flower of the *Melilot* and *Chamomel* are much uſed to be put together in Clyſters to expel Wind, and to eaſe Pains; alſo into Pultiſſes for the ſame purpose, and to aſſuage Swelling Tumors in the Spleen or other parts, and helpeth Inflammations in any part of the Body. The Juycce dropped into the Eyes, is a ſingular good Medicine to take away any Film or Skin that clouderth or dimmeth the Eye-ſight. The Head often waſhed with the diſtilled Water of the Herb and Flowers, or a Lye made therewith, is effectual for thoſe that have ſuddenly loſt their Senſes; as alſo to ſtrengthen the Memory, to comfort the Head, and Brains, and to preſerve them from Pains and the Apoplexy.

French and Dog's Mercury.

Deſcript.] **T**His riſeth up with a ſquare green Stalk full of Joynts, two foot high or thereabouts, with two Leaves at every Joynt, and Branches likewise from both ſides of the Stalk, ſet with freſh green Leaves ſomewhat broad and long, about the bigneſs of the Leaves of *Basil* finely dented about the Edges: towards the tops of the Stalks and the Branches, come forth at every Joynt in the Male Mercury, two ſmall, round, green Heads ſtanding together upon a ſhort Foot-ſtalk, which growing ripe, are Seeds, not having any Flowers. In the Female the Stalk is longer, ſpike-fashion, ſet round about with ſmall green Huſks, which are the Flowers made like ſmall Branches of Grapes which give no Seed, but abide long upon the Stalks without ſhedding. The Root is compoſed of many ſmall Fibers, which periſheth every year at the firſt approach of Winter, and riſeth again of its own Sowing; and if once it is ſuffered to ſow it ſelf, the Ground will never want afterwards, even both ſorts of it.

Dog's Mercury.

HAVING deſcribed unto you that which is called *French Mercury*, I come now to ſhew you in a Deſcription this kind alſo.

Deſcript.] This is likewise of two kinds; Male and Female, having many Stalks, ſlender and lower than *Mercury*, without any Branches at all upon

upon them, the Root is set with two Leaves at every Joynt, somewhat greater than the Female, but more pointed and full of Veins, and somewhat harder in handling, of a darker green colour, and less dented or snip'd about the edges. At the Joynts with the Leaves come forth longer Stalks than the former, with two hairy round Seeds upon them, twice as big as those of the former *Mercury*. The taste hereof is hereby, and the smell somewhat strong and virulent. The Female hath much harder Leaves standing upon longer Foot-stalks, and the Stalks are also longer: from the Joynts come forth spikes of Flowers, like the *French Female Mercury*. The Roots of them both are many, and full of small Fibres, which run under Ground, and mat themselves very much, not perishing as the former *Mercuries* do; but abiding the Winter, and shoot forth new Branches every year, for the old dye down to the Ground.

Place.] The Male and Female *French Mercury* are found wild in divers places of this Land; as by a Village called *Brookland* in *Runney-Marsh* in *Kent*.

The *Dogs Mercury* in sundry places of *Kent* also, and elsewhere: but the Female more seldom than the Male.

Time.] They flower in the Summer Months, and therein give their Seed.

Government and Vertues.] *Mercury* they say owns this Herb, but I rather think 'tis *Venus*, and am partly confident of it too: for I never read that *Mercury* ever minded Womens business so much. I believe he minds his Study more. The Decoction of the Leaves of *Mercury*, or the Juice thereof

Purgeth
Cholerick
Humors,
Womens
Sickness,
Mother,
Womens
Courses,
Strangury
Sore Eyes,
Agues,
Flegm,
Rheums
and Catarrhs,
Melancholy
Humors,
Yellow
Jaundice,
Warts,

in Broth, or Drink with a little Sugar put to it, purgeth Cholerick and Waterish Humours, *Hippocrates* commended it wonderfully for Womens Diseases; and applyed to the Secret Parts, to ease the Pains of the Mother; and used the Decoction of it, both to procure Womens Courses, and to expel the After-Birth. And gave the Decoction thereof with Myrrh or Pepper, or used to apply the Leaves outwardly against the Strangury, and Diseases of the Reins and Bladder. He used it also for sore and watering Eyes, and for the deafness and pain in the Ears, by dropping the Juice thereof in them, and Bathing them afterwards in White Wine. The Decoction thereof made with Water, and a Cock Chickin, is a most safe Medicine against the hot Fits of Agues. It also cleanseth the Breast and Lungs of Flegm, but a little offendeth the Stomach. The Juice or distilled Water snuffed up into the Nostrils, Purgeth the Head and Eyes of Catarrhs, and Rheums. Some use to drink two or three ounces of the distilled Water, with a little Sugar put to it, in the Morning fasting, to open and purge the Body of gross, viscous and melancholy Humors. It is wonderful (if it be not fabulous) that *Diascorides* and *Theophrastus* do relate of it, That, viz. if Women use these Herbs either inwardly or outwardly for three dayes together after Conception, and their Courses be past, they shall bring

bring forth male or female Children, according to that kind of *Scabs, Tet-*
 Herb they use. *Mathiolus* saith, That the Seed both of the Male *ters and*
 and Female Mercury boyled with *Wormwood* and drunk, Cureth *Ring-*
 the yellow Jaundice in a speedy manner. The Leaves or the *worms,*
 Juice rubbed upon Warts, taketh them away. The Juice min- *Swellings,*
 gled with some Vinegar, helpeth all running Scabs, Tetters, *Inflamati-*
 Ring-worms, and the Itch. *Galen* saith, That being applied in *ons, Wate-*
 manner of a Pultis to any Swelling or Inflammation, it digesteth *rish and*
 the Swelling, and allayerh the Inflammation, and is therefore given *Melanchol*
 in Clysters to evacuate from the Belly offensive Humors. The *ly Humors.*
Dog Mercury although it be less us'd, yet may serve in the same
 manner, to the same purpose, to Purge Watrish and Melancholy Humors
 Mint.

OF all the kinds of *Mint*, the *Spear-Mint*, or *Heart-Mint* being most
 usual, I shall onely Describe it as followeth;

Descript.] *Spear-Mint* hath divers round Stalks and long, but narrowish
 Leaves set thereon, of a dark green colour. The Flowers stand in spik-
 ed heads at the tops of the Branches, being of a pale blew Colour. The
 smell or scent hereof is somewhat near unto Basil, it increaseth by the
 Root under Ground, as all the others do.

Place.] It is an usual Inhabitant in Gardens, and because it seldom giveth
 any good Seed, the effect is recompenced by the plentiful increase of the
 Root, which being once planted in a Garden, will hardly be rid out again.

Time.] It flowreth not until the beginning of *August*, for the most part.

Government and Vertues.] It is an Herb of *Venus*. *Dioscorides* saith, It
 hath a heating, binding, and drying quality, and therefore
 the Juice taken in Vinegar, stayeth Bleeding: it stirreth up *Provokes Vene-*
 Venery, or bodily Lust. Two or three Branches thereof ta- *ry, stayes Vomi-*
 ken in the Juice of four Pomegranates, stayeth the Hic- *ting, allayerh*
 cough, Vomiting, and allayerh the Choler. It dissolveth *Choler, Impost-*
 Imposthumes being laid to with Barley-Meal. It is good *humes, great*
 to repress the Milk in Womens Breasts, and for such as *Breasts, mad*
 have swoln, flagging or great Breasts. Applied with Salt *Dogs Biting,*
 helpeth the Biting of a mad Dog; with Mead or honeyed *Pains of the*
 Water, it easeth the pains of the Ears, and taketh away *Ears, good for*
 the roughness of the Tongue, being rubbed thereupon. *the Stomach,*
 It suffereth not Milk to curdle in the Stomach, if the *Pains of the*
 Leaves thereof be steeped or boiled in it before you *Head, Sores*
 drink it. Briefly, it is profitable to the Stomach. The *and Scabs,*
 often use hereof is a very powerful Medicine to stay *Chops of the*
 Womens Courfes and the Whites. Applyed to the Fore- *Fundament,*
 head and Temples, it easeth pains of the Head, and is *Poyson, helpeth*
 good to wash the Heads of young Children therewith, *Liver and Sto-*
 against all manner of breakings out, Sores or Scabs there- *mach, stayeth*
 in, and healeth the Chops of the Fundament. It is also *Vomiting and*
 profitable against the Poyson of Venomous Creatures, The *Hiccough, pro-*
 distil- *voketh Lusts,*

Spleen, Gravel, Stone and Strangury, comforts the Head, sore Mouth, ill Breath, Palate down. distilled Water of Mint is available to all the purposes aforesaid, yet more weakly. But if a Spirit thereof be rightly and Chymically drawn, it is much more powerful than the Herb it self. *Simeon Sethi* saith, It helpeth a cold Liver, strengthneth the Belly and Stomach, causeth Digestion, stayeth Vomits and the Hiccough, it is good against the gnawing of the Heart, provoketh Appetite, taketh away Obstructions of the Liver, and stirreth up bodily Lust.

but therefore too much must not be taken, because it maketh the Blood thin and wheyish, and turneth it into Choler, and therefore Cholerick persons must abstain from it. It is a safe Medicine for the biting of a mad Dog, being bruised with Salt, and laid thereon. The Powder of it being dried and taken after Mear, helpeth digestion, and those that are Splenetick: taken with Wine, it helpeth Women in their sore Travel in Child-bearing. It is good against the Gravel and Stone in the Kidneys, and the Strangury. Being smelled unto, it is comfortable for the Head and Memory. The Decoction thereof gargled in the Mouth, cureth the Gums and Mouth that is sore, and mendeth an ill favour'd Breath; as also their Raw and Coriander, causeth the Palate of the Mouth that is down to return to his place, the Decoction being gargled and held in the Mouth.

The Vertues of the Wild or Horse-mint, such as grow in Ditches (whose Description I purposely omitted, in regard they are well enough known) are especially to dissolve wind in the Stomach, to help the Cholic, and those that are Short-winded, and are an especial Remedy for those that have Venereal Dreams and Pollutions in the Night, being outwardly applyed to the Testicles or Cods. The Juice dropped into the Ears, easeth the pains of them, and destroyeth the Worms that breed therein. They are good against the Venomous Biting of Serpents. The Juice laid on Warm, helpeth the Kings-Evil, or Kernels in the Throat. The Decoction or distilled Water helpeth a stinking Breath, proceeding from the Corruption of the Teeth, and snuffed up into the Nose, purgeth the Head. *Pliny* saith, That eating of the Leaves hath been found by experience to Cure the Leprosie, and applying some of them to the Face, and to help the Scurf or Dandrif of the Head, used with Vinegar.

They are extream bad for wounded people, and they say a wounded man that eats Mint, his Wound will never be Cured; and that's a long day.

Misselto.

Descript.] **T**His riseth up from the Branch or Arm of the Tree whereon it groweth with a woody Stem, parting it self into sundry Branches, and they again divided into many other smaller Twigs, interlacing themselves one within another, very much covered with a grayish green Bark, having two Leaves set at every Joynt, and at the end likewise, which are some

somewhat long and narrow, small at the bottem, but broader towards the end. At the Knots or Joynts of the Boughs and Branches grow small yellowish Flowers, which turn into small, round, white, transparent Berries, three or four together, full of glutinous Moisture, with a blackish Seed in every of them, which was never yet known to spring, being put into the Ground, or any where else to grow.

Place.] It groweth very rarely on Oaks with us; but upon sundry other, as well Timber as Fruit-Trees, plentiful in Woods, Groves, and the like, through all this Land.

Time.] It flowreth in the Spring-time, but the Berries be not ripe until October, and abide on the Branches all the Winter, unless the Black-birds and other Birds do devour him.

Government and Vertues.] That it is under the Dominion of the Sun, I do not question; and can also take for granted, That that which grows upon Oaks participates something of the Nature of Jupiter, because an Oak is one of his Trees; as also that which grows upon Pear-trees and Apple-Trees participates something of his Nature, because he rules the Trees it grows upon, having no Root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because it is rarest, and hardest to come by; and our Colledge's Opinion is in this contrary to Scripture, which saith, *Gods tender mercies are over all his Works*; and so 'tis, let the Colledge of Physitians walk as contrary to him as they please, and that's as contrary as the East is to the West. *Clusius* affirms, That which grows upon Pear-Trees to be as prevalent, and gives order, that it should not touch the Ground after it is gathered; and also saith, That being hung about the Neck it remedies Witch-craft. Both the Leaves and Berries of *Misselto* do heat and dry, and are of subtil parts, the Birdlime doth mollifie hard *Witch-craft*, Knors, Tumors and Imposthumes, ripeneth and discusseth *Imposthumes*, them; and draweth forth thick, as well as thin Humors *Spleen*, *Uicers*, from the Remote parts of the Body, digesting and separating them. And being mixed with equal parts of Rozin *ness*, *Apoplexy* and Wax, doth mollifie the hardness of the Spleen, and *Palsie*, *Imposthealer* old Ulcers and Sores. Being mixed with *Sanda-lum*, *rack* and Orpment, it helpeth to draw off foul Nails; and if *Quicklime* and Wine-Lees be added thereunto, it worketh the stronger. The *Misselto* it self of the Oak (as the best) made into Powder, and given in drink to those that have the Falling-sickness, doth assuredly heal them, as *Mutbiolus* saith, but it is fit to use it for forty days together. Some have so highly esteemed of the Vertues hereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the holy Cross, believing it to help the Falling-sickness, *Apoplexy*, and *Palsie* very speedily, not only to be inwardly taken, but to be hung at their Neck. *Tragus* saith, That the fresh Wood of any *Misselto* bruised, and the Juice drawn forth and dropped into the Ears that have *Imposthumes* in them, doth help and ease them within a few dayes.

Money-wort, or Herb Two-pence.

Descript. **T**HE common Money-wort sendeth forth from a small thred-
dy Root, divers long, weak, and slender Branches lying and
running upon the Ground, two or three foot long or more, set with Leaves
two at a Joynt one against another at equal distances, which are almost
round, but pointed at the ends, smooth and of a good green colour. At
the Joynts, with the Leaves from the middle forward come forth at every
Joynt sometimes one yellow Flower, and sometimes two, standing each on
a small Foot-Stalk, and made of five Leaves, narrow pointed at the ends,
with some yellow threads in the middle: which being past, there stand in
their places small round heads of Seed.

Time.] It groweth plentifully in almost all places of this Land, common-
ly in moist Grounds by Hedge-sides, and in the middle of grassie Fields.

Place.] They flower in June and July, and their Seed is ripe quickly after.

Government and Vertues.] Venus owns it. Money-wort is singular good
to stay all Fluxes in Man or Woman, whether they be Lasks,
Fluxes, Bloody Fluxes, the flowing of Womens Courses, Bleedings in-
Ulcers, wardly or outwardly, and the weakness of the Stomach that
Green is given to Casting. It is very good also for all Ulcers or Ex-
wounds, coriations of the Lungs or other inward parts. It is exceed-
Old Ul- ing good for all Wounds either fresh or green, to heal them
cers. speedily, and for all old Ulcers that are of spreading Natures.

For all which purposes the Juyce of the Herb, or the Powder
drunk in Water wherein hot Steel hath been often quenched, or the De-
coction of the green Herbin Wine or Water drunk, or the Seed, Juyce,
or Decoction used to the outward places to wash or bathe them; or to
have Fents dipped therein, and put into them, are effectual.

Moon-wort.

Descript. **I**T riseth up usually but with one dark green thick and flat Leaf
standing upon a short Foot-Stalk, not above two Fingers
breadth; but when it will flower, it may be said to bear a small slender
Stalk, about four or five inches high, having but one Leaf set in the
middle thereof, which is much divided on both sides into sometimes five
or seven parts on a side, sometimes more, each of which parts is small like
the middle Rib, but broad forwards, and round pointed, resembling there-
in a half Moon, from whence it took the name, the uppermost parts or
divisions being less than the lowest. The Stalk riseth above this Leaf two
or three Inches, bearing many Branches of small long Tongues, every one
like the spikie Head of the Adders Tongue, of a brownish colour, which
whether I shall call them Flowers or the Seeds, I well know not: which
after they have continued a while resolve into a mealy dust. The Root
is small and fibrous. This hath sometimes divers such like Leaves as are
before described, with so many Branches or Tops rising from one Stalk,
each divided from the other.

Place.]

Place.] It groweth on Hills and Heaths, yet where there is much Grafs, for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*, for in *June* when any hot Weather cometh, for the most part it is withered and gone.

Government and Vertues.] The *Moon* owns the Herb. *Moon-wort* is cold and drying more than *Adders-Tongue*, and is therefore held to be more available for all Wounds both inward and outward. The Leaves boiled in red Wine and drunk, stayeth the immoderate Flux of Womens Courses, and the Whites. It stayeth also Bleeding, Vomiting, and other Fluxes. It helpeth all Blows and Bruises, and to Womens consolidate all Fractures and Dislocations. It is good for Rup- Courses, tures, but it is chiefly used by most with other Herbs to make Bleedings. Oyls or Balsoms to heal fresh or green Wounds (as I said be- Vomiting, fore) either inward or outward, for which it is excellent good. Fluxes.

Moon-wort is an Herb which they say will open Locks, and broken and unshoe such Horses as tread upon it: this some laugh to scorn, disjoynted and those no small Fools neither; but Country people that I Bones, know call it *unshoe the Horse*.) Besides, I have heard Com- Green manders say, That on *White down* in *Devon-shire* near *Tiver-* Wounds. *ton*, there was found Thirty Horse-shoes pulled off from the Feet of the Earl of *Essex* his Horses, being there drawn up into a body, many of them being but newly shod, and no reason known, which caused much Admiración: and the Herb described usually grows upon Heaths.

Mosses.

I Shall not trouble the Reader with any Description of these, sith my intent is to speak onely of Two Kinds as the most Principal, viz. *Ground Mosses*, and *Tree Moss*, both which are very well known.

Place.] The *Ground Moss* groweth in our moist Woods, and the bottoms of Hills, in boggy Grounds, and in shadowy Ditches, and many other such like places.

The *Tree Moss* groweth on Trees.

Government and Vertues.] All sorts of *Mosses* are under the Domini- on of *Saturn*. The *Ground Moss* is held to be singular good to break the Stone, and to expel and drive it forth by Urine, be- Stone, ing boiled in Wine and drunk. The Herb bruised and boiled Inflammati- in Water and applied, easeth all Inflammations and Pains ons. coming of an hot Cause; and is therefore used to ease the Pains of the hot Gout.

The *Tree Mosses* are cooling and binding, and partake of a digesting and mollifying quality withal, as *Galen* saith. But each *Moss* doth partake of the nature of the Tree from whence it is taken: therefore that of the Oak is more binding, and is of good effect to stay Fluxes, Vomi- Fluxes in man or women; as also vomiting or bleedings, the ting, Bleeding, powder thereof being taken in wine. The decoctions thereof Womens Cour- in wine are very good for women to be bath'd with, or to sit ses.

in that are troubled with the over-flowing of their Courses. The same being drunk, stayeth the Stomach that is troubled with Casting, or the Hic-cough; and as *Avicenna* saith, it comforteth the Heart. The Powder thereof

taken in drink for some time together, is thought available for the Dropfie. The Oyl of Roses that have had fresh Moss steeped therein for a time, and after boyled, and applied to the Temples

Sinews. and Forehead, doth marvellously ease the Headach coming of a hot Cause; as also the distillations of hot Rheum or Humors to the Eyes or other parts. The Ancients much used it in their Oyntments and other medicins against lassitude, and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so still

Mother-wort.

Descript.] **T**His hath a hard, square, brownish, rough, strong Stalk, rising three or four foot high at least, spreading into many Branches, whereon grow Leaves on each side with long Foot-stalks, two at every Joynt, which are somewhat broad and long, as it were rough and crumpled, with many great Veins thereon of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the Branches up to the tops of them (which are very long and small) grow the Flowers round about them at distances, in sharp pointed, rough, hard Husks, of a more red or purple colour than Balm or Horehound, but in the same manner or form as the Horebonds: after which come small round blackish Seeds in great plenty. The Root sendeth forth a number of long strings and small Fibers, taking strong hold in the Ground, of a dark yellowish or brownish colour, and abideth as the Horehound doth, the smell of this not much different from it.

Place.] It groweth only in Gardens with us in England.

Government and Vertues.] *Venus* owns the Herb, and it is under *Leo*.

There is no better Herb to drive Melancholy Vapors from Melancho- the Heart, to strengthen it, and make a merry, chearful, ly Vapors, blith Soul, than this Herb. It may be kept in a Syrup or Swoon- Conserve, therefore the Latins call it *Cordiacæ*. Besides, It ings, makes Women joyful Mothers of Children, and settles their fore Tra- Wombs as they should be; therefore we call it *Mother-wort*. vel, It is held to be of much use for the Trembling of the Heart, Mother, and Faintings, and Swoonings, from whence it took the Name Urine, *Cordiacæ*. The Powder thereof to the quantity of a Spoon- Womans ful drunk in Wine, is a wonderful help to Women in Courses, their fore Travel, as also for the Suffocations or risings of Flegm, the Mother; and for these effects it is likely it took the Name Cold, of *Mother-wort* with us. It also provoketh Urine and Wo- Cramps, mens Courses, cleanseth the Chest of cold Flegm oppressing Convulsi- it, and killeth Worms in the Belly. It is of good use to ons. warm and dry up the cold Humors, to digest and disperse them that are settled in the Veins, Joynts and Sinews of the Body, and to help Cramps and Convulsions.

Mouſe-Ear.

Deſcript.] **M**ouſe-Ear is a low Herb creeping upon the Ground by ſmall Strings like the Strawberry-Plant, whereby it ſhooteth forth two Roots, whereat grow upon the Ground many ſmall and ſomewhat ſhoote Leaves ſet in a round form together, and very hairy, which being broken, do give a White Milk: From among theſe Leaves ſpring up two or three ſmall hoary Stalks about a ſpan high, with a few ſmaller Leaves thereon; at the tops whereof ſtandeth uſually but one Flower, conſiſting of many paler yellow Leaves, broad at the points, and a little dented in, ſet in three or four rows, the greater outermoſt, very like a Dandelion Flower, and a little reddiſh underneath about the Edges, eſpecially if it grow in a dry Ground: which after they have ſtood long in Flower, do turn into Down, which with the Seed is carried away with the Wind.

Place.] It groweth on Ditch Banks, and ſometimes in Ditches, if they be dry, and in ſandy Grounds.

Time.] It flowreth about June and July, and abideth green all the Winter.
Government and Vertues. The Moon owns the Herb alſo, and though Authors cry out upon *Alchymiſts* for attempting to fix Quick-ſilver by this Herb and Moonwort: A Roman would not have judged a thing by the ſucceſs: if it be to be fixed at all, tis by *Lunar* Influence. The Juyce hereof taken in Wine, or the Decoction thereof Drunk, doth help the Jaundice although of long continuance, to drink there- Jaundice, of Morning and Evening, and abſtain from other drink two or Stone, three hours after: It is a ſpecial Remedy againſt the Stone, Belly-ach, and the tormenting pains thereof; as alſo other Tortures and Dropſie, griping pains of the Bowels. The Decoction thereof with Flux, Succory and Centaury, is held very effectual to help the Drop-Wounds. ſie, and them that are inclining thereunto, and the Diſeaſes of Bloody-Spleen. It ſtayeth the fluxes of Blood, either at the Mouth or flux. Noſe, and inward Bleedings alſo, for it is a ſingular Wound-Terms Herb for Wounds both inward and outward: It helpeth the ſtops, Bloody-flux, and helpeth the abundance of Womens Courſes. Cough. There is a Syrup made of the Juyce hereof, and Sugar, by the *Pthiſick*, Apothecaries of Italy, and other Places, which is of much ac- Ruptures, count with them, to be given to thoſe that are troubled with Canker, the Cough or Pthiſick: The ſame alſo is ſingular good for Ulcers, Ruptures or Burſtings. The green Herb bruised and preſently ſpreading bound to any Cut or Wound, doth quickly ſoder the Lips Sores. thereof. And the Juyce, or Decoction, or Powder of the dried Herb, is moſt ſingular to ſtay the malignity of ſpreading and fretting Cankers and Ulcers whatſoever, yea in the Mouth, and Secret Parts: The diſtilled Water of the Plant is available in all Diſeaſes aforeſaid, and to waſh outward Wounds and Sores, and to apply Tents, or Clothes wth therein.

Mugwort.

Descript.] **C**ommon *Mugwort* hath divers Leaves lying upon the Ground very much divided, or cut deeply in about the brims, somewhat like *Wormwood*, but much larger, of a dark green Colour on the upper side, and very hoary white underneath. The Stalks rise to be four or five foot high, having on it such like Leaves as those below, but somewhat smaller, branching forth very much towards the top, where on are set very small, pale, yellowish Flowers like Buttons, which fall a way, and after them come small Seeds inclosed in round Heads. The Root is long and hard, with many small Fibers growing from it, whereby it taketh strong hold in the Ground, but both Stalk and Leaf do die down every Year, and the Root shooteth anew in the *Spring*. The whole Plant is of a reasonable good scent, and is more easily propagated by the slips than by the Seed.

Place.] It groweth plentifully in many places of this Land, by the Way-sides; as also by small Water-Courses, and in divers other places.

Time.] It flowreth and feedeth in the end of *Summer*.

Government and Vertues.] This is an Herb of *Venus*, therefore main-
taineth the parts of the Body he rules, remedies the Diseases
of the parts that are under her Signs, *Taurus* and *Libra*. *Mug-*
wort is with good success put among other Herbs that are boil-
ed for Women to sit over the hot Decoction; to draw down
their Courses, to help the Delivery of their Birth, and expe-
the After-birth; as also for the Obstructions and Inflammation
of the Mother. It breaketh the Stone, and causeth one to make
Water where it is stoped. The Juice thereof made up with
Myrrh, and put under as a Pessary, worketh the same Effect
and so doth the Root also being made up with *Hogs-grass*
into an Oyntment, it taketh away Wens and hard Knots, and
Kernels that grow about the Neck and Throat, and easeth the
Pains about the Neck more effectually, if some Field *Dandelion*
be put with it; the Herb it self being fresh, or the Juyce there-
of taken, is a special Remedy upon the over-much taking of
Opium. Three Drams of the Powder of the dried Leaves tak-
ken in Wine, is a speedy and the best certain help for the *Sci-*
atica. A Decoction thereof made with *Camomel* and *Agrimony*, and
the Place bathed therewith while it is warm, taketh away the Pains of
the Sinews and the Cramp.

The Mulberry Tree.

This is so well known where it groweth, that it needeth no Description.
Time] It beareth Fruits in the Months of *July* and *August*.

Government and Vertues.] *Mercury* rules the Tree, therefore are its
Effects variable as his are. The *Mulberry* is of different parry: The
ripe Berries by reason of their sweetness and slippery Moisture, opening
the Body, and the unripe binding it, especially when they are dried, and then

then they are good to stay Fluxes, Lasks, and the abundance Bleeding, of Womens Courses. The Bark of the Root killeth the broad Fluxes, Worms of the Body. The Juyce or the Syrup made of the Lasks, Juyce of the Berries, helpeth all Inflammations or Sôres in the Terms-Mouth or Throat, and the Palate of the Mouth when it is fal-stops, len down. The Juyce of the Leaves is a Remedy against the Inflamati-Biting of Serpents, and for those that have taken Aconite: on, Uvula, The Leaves beaten with Vinegar are good to lay on any place fore Mouth that is burnt with Fire. A Decoction made of the Bark and and Throat Leaves is good to wash the Mouth and Teeth when they ake. Tooth-ach, If the Root be a little slit or cur, and a small hole made in the Bleeding, Ground next thereunto, in the Harvett-time, it will give out a Hemor-certain Juyce which being hardned, the next day is of good use rhoides. to help the Tooth-ach, to dissolve Knots, and purge the Belly: The Leaves of Mulberries are said to stay Bleeding of Mouth A Curious or Nose, or the Bleeding of the Piles, or of a Wound, being Secret. bound unto the places. A Branch of the Tree taken when the Moon is at the full, and bound to the Wrist of a Womans Arm, whose Courses come down too much, doth stay them in short space.

Mullein.

Descript. **C**ommon white Mullein, hath many fair, large, woolly, white Leaves, lying next the Ground, somewhat larger than broad, pointed at the ends, and as it were dented about the Edges: The Stalks riseth up to be four or five foot high, covered over with such like Leaves, but lesser, so that no Stalk can be seen for the multitude of Leaves thereon up to the Flowers, which come forth on all sides of the Stalk, without any Branches, for the most part, and are many set together in a long spike, in some of a yellow colour, in others more pale, consisting of five round pointed Leaves, which afterwards have small round Heats, wherein is small brownish Seed contained: The Root is long, white, and woody, perishing after it hath born Seed.

Place.] It groweth by way-sides, and Lanes, in many places of this Land.

Time.] It flowreth in July, or thereabouts.

Government and Vertues.] It is under the Dominion of Saturn. A small quantity of the Root given in Wine, is commended by Dioscorides against Lasks and Fluxes of the Belly: The Decoction Fluxes, hereof drunk is profitable for those that are Barsten, and for Ruptures. Cramps and Convulsions, and for those that are troubled with Cramp, an old Cough. The Decoction thereof gargied, easeth the Convulsi-Pains of the Tooth-ach. And Oyl made by the often infusion, Cough, on of the Flowers, is of very good effect for the Piles. The Tooth-ach, Decoction of the Root in red Wine, or in Water (if there be Hemor-an Agre) wherein red hot Steel hath been often quenched, doth rhoids, stay the Bloody-flux: The same also openeth Obstructions of Bloody-the Bladder and Reins when one cannot make Water. A De-flux, Ob-coction structions.

Reins Bladder, Sinews, Gout, Warts, Belly-ach, Cholick, Inflammation, Thorns, Splinters, Boyls, Groin, Disjunctures. coction of the Leaves hereof, and of Sage, Marjerom and Chamomel-flowers, and the places bathed therewith that have Sinews stark with Cold, or Cramps, doth bring them much ease and Comfort. Three Ounces of the distilled Water of the Flowers drunk morning and evening for some days together, is said to be the most excellent Remedy for the Gout. The Juice of the Leaves and Flow-ers being laid upon rough Warts; as also the Powder of the dried Roots Rubbed on, doth easily take them away; but doth no good to smooth Warts. The Powder of the dried Flowers is an especial Remedy for those that are troubled with Belly-aches, or the pains of the Cholick. The Decoction of the Root, and so likewise of the Leaves, is of great effect to Dissolve the Tumors, Swellings or Inflammation of the Throat. The Seed and Leaves boiled in Wine, and applyed, draw forth speedily Thorns or Splinters gotten into the Flesh, ease the pains, and heal them also. The Leaves bruised and wrapped in double Papers, and covered with hot Ashes and Embers to bake a while, and then taken forth and laid warm on any Botch or Boyl hapning in the Groyn or Share, doth Dissolve and heal them. The Seed bruised and boiled in Wine, and laid on the Member that hath been out of Joynt, and is newly set again, taketh away all swelling and pain thereof.

Mustard.

Descript.] **O**ur common Mustard hath large and broad rough Leaves very much jagged with uneven and unorderedly gashes, somewhat like Turnip-Leaves, but lesser and rougher: The stalk riseth to be more than a Foot high, and sometimes two foot high, being round, rough and branched at the top, bearing such like Leaves thereon as grow below, but lesser, and less divided, and divers yellow Flowers one above another at the tops, after which come small rough Pods with small lank flat ends, wherein is contained round yellowish Seed, sharp, hot, and biting upon the Tongue. The Roots small, long and woody, when it beareth Stalks, and perisheth every year.

Place.] This groweth with us in Gardens qnely, and other Manured places.

Time.] It is an annual Plant, flowering in July, and their Seed is ripe in August.

Government and Vertues.] It is an excellent Sawce for such whose Blood wants Clarifying, and for weak Stomachs, being a Herb of Mars, but nought for Cholerick People, though as good for such as are Aged or troubled with cold Diseases: Aries claims something to do with it, therefore it strengthens the Heart and resisteth Poyson: let such whose Stomachs are so weak they cannot digest their Meate, or Appetite it, take of Mustard-seed a Dram, Cinnamon as much, and having beaten them to Powder, and half as much Mastick in Powder, and with Gum Arabick dissolved in Rose-water make it up into Troches, of which they may take one

one of about half a dram weight an hour or two before Meals; let old
 old Men and Women make much of this Medicine, and they will either
 give me thanks, or shew manifest ingratitude. Mustard-
 Seed hath the Vertue of heating, discussing, rarifying and *Heats, Dries,*
 drawing out Splinters of Bones, and other things out of *Splinters,*
 the Fleish. It is of good effect to bring down Womens *Thorns, Terms*
 Courses, for the Falling-sickness or Lethargy, drowfie for- *provokes, Fal-*
 gerful Evil, to use it both inwardly and outwardly to rub *ling-sickness,*
 the Nostrils, Fore-head and Temples, to warm and quicken *Lethargy, Sneezing,*
 the Spirits, for by the fierce sharpness it purgeth the Brain *zing, Disury,*
 by Sneezing, and drawing down Rheum and other viscous *Poyson, Mush-*
 Humors, which by their distillations upon the Lungs and *rooms; Veno-*
 Chest procure Coughing, and therefore with some Honey *mous. Beasts,*
 added thereto doth much good therein. The Decoction *Agues; Lust*
 of the Seed made in Wine and drunk, provoketh Urine, *provokes,*
 resisteth the force of Poyson, the malignity of Mushrooms, *Spleen, Uvula,*
 and the Venome of Scorpions, or other Venomous Crea- *Sciatica, Tooth*
 tures, if it be taken in time; and taken before the cold *ach, Pains,*
 Fits of *Agues,* altereth, lesseneth, and cureth them. The *Hair, Bruises,*
 Seed taken either by its self or with other things, either in *black and blew*
 an Electuary or Drink, doth mightily stir up Bodily Lust, *Spots, Rough-*
 and helpeth the Spleen and Pains in the Sides, and Gnaw- *ness, Leprosie,*
 ings in the Bowels. And used as a Gargle, draweth up the *Lousie Evil,*
 Palate of the Mouth being fallen down; and also it dissol- *Morphew,*
 veth the Swellings about the Throat, if it be outwardly *Freckles, wry-*
 applyed. Being chewed in the Mouth it oftentimes help- *Necks.*
 eth the Tooth-ach. The outward application hereof upon
 the pained places of the Sciatica, discusseth the Humors, and easeth the
 pains, as also of the Gout, and other Joynt-aches, and is much and often
 used to ease pains in the Sides or Loyns, the Shoulders or other parts of
 the Body, upon the applying thereof to raise Blisters, and cureth the Dis-
 ease by drawing it to the outward parts of the Body: It is also used to
 help the falling off of the Hair: The Seed bruised mixed with Honey
 and applyed or made up with Wax, taketh away the Marks and Black and
 Blew Spots of Bruises, or the like, the roughness or scabbiness of the Skin,
 as also the Leprosie and Lousie Evil: It helpeth also the Crick in the
 Neck. The distilled Water of the Herb when it is in Flower, is much
 used to drink inwardly to help in any of the Diseases aforesaid, or to wash
 the Mouth when the Palate is down, and for the Diseases of the Throat
 to gargle, but outwardly also for Scabs, Itch, or other the like Infirmities,
 and cleanseth the Face from Morphew, Spots, Freckles, and other Infir-
 mities.

The Hedge Mustard.

Descript. **T**His groweth busially but with one blackish green Stalk, tough,
 edgie to bend, but not break, branched into divers parts, and
 sometimes with divers Stalks set full of Branches, whereon grow long, rough

or hard rugged Leaves, very much torn or cut on the edges into many parts, some bigger, and some lesser, of a dirty green Colour: the Flowers are small and yellow, that grow at the tops of the Branches in long spikes, flowering by degrees, so that continuing long in flower, the Stalks will have small round Coats at the bottom growing upward, and close to the Stalk, while the top Flowers yet shew themselves; in which are continued small yellow Seeds sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding, and springing again every year.

Place.] This groweth frequently in this Land, by the Ways and Hedge sides, and sometimes in the open Fields.

Time.] It flowereth most usually about July.

Temperature and Vertues.] Mars owns the Herb also. It is singular good in all the Diseases of the Chest and Lungs, Hoarseness of Voice, and by the use of the Decoction thereof for a little space Chest, Lungs, those have been recovered who had utterly lost their Hoarseness, Voice, and almost their Spirits also. The Juice thereof made into a Syrup, or licking Medicine, with Cough, shortness of Breath, Honey or Sugar, is no less effectual for the same purpose Jaundice, Pleurisy, Back, Breath. The same is also profitable for those that Loyns, Belly, have the Jaundice, the Plurisy, Pains in Back and Cholick, Poyson Loyns, and for Torments in the Belly, or Cholick, be Sciatica, Gout, ing also used in Clysters. The Seed is held to be a special Remedy against Poyson and Venome. It is singular good for the Sciatica, the Gout, and all Joynt-laes, Ulcers, Cankers, Testicles, Womens Breasts, swelling of the Testicles, or of Womens Breasts.

Nailwort or Whitlow-graís.

Descript.] This very small and Common Herb hath no Roots, save only a few strings; neither doth it ever grow to be above a hand breadth high, the Leaves are very small, and something long, not much unlike those of Chickweed: among which rise up divers slender Stalks, bearing many white Flowers one above another, which are exceeding small: after which come small flat Pouches containing the Seed, which is very small, but of a sharp taste.

Place.] It grows commonly upon old Stone, and brick-Walls, and sometimes in dry gravelly Grounds, especially if there be Grafs or Moss near to shadow it.

Time.] They flower very early in the year, sometimes in January, and in February, for before the end of April they are not to be found.

Government and Vertues.] It is held to be exceeding good Imposthumes, for those Imposthumes in the Joynts, and under the Nails, Whitlows, Felons, Andicoms, and Nail-wheals. Such as would be knowing Physitians, let them read these Books of mine of the last Edition, viz. Riverius, Riolanus, Johnson, Veslingus, Sennertus.

Nep or Catmint.

Descript. **C**ommon Garden Nep shooteth forth hard four-square Stalks with a hoariness on them, a yard high or more, full of Branches, bearing at every Joynt two broad Leaves somewhat like Balm, but longer pointed, softer, whiter and more hoary, nicked about the edges, and of a strong sweet scent. The Flowers grow in large Tufts at the top of the Branches, and underneath them likewise on the Stalks many together, of a whitish purple colour. The Roots composed of many long Strings or Fibres, fastning themselves stronger in the Ground, and abid with green Leaves thereon all the Winter.

Place.] It is also nursed up in our Gardens.

Time.] And it flowreth in July or thereabouts.

Government and Vertues.] It is an Herb of *Venus*. Nep is *Terms pro-* generally used for Women to procure their Courtes, being ra- *vinces Bar-* ken inwardly or outwardly, either alone or with other conve- *rennesse* nient Herbs in a Decoction to bath them, or sit over the hot *Womb* Fumes thereof, and by the frequent use thereof, it takes away *Wind*, Barrenness, and the Wind, and Pains of the Mother. It is also *Mother* used in Pains of the Head coming of any cold Cause, Catarhs, *Cough*, Rheums, and for Swimming and Giddinels thereof, and is of *Rheums* special use for the Windiness of the Stomach and Belly. It is *Vertigo*, effectual for any Cramp or cold Aches, to dissolve the Cold *Cramp*, and Wind that afflicteth the Place, and is used for Colds, *Cold Ach*, Coughs, and shortness of Breath. The Juyce thereof drunk in *Difficulty* Wine, is profitable for those that are bruised by an accident. *of Breath*, The green Herb bruised and applyed to the Fundament, and *Bruises* lying there two or three hours, easeth the pains of the Piles. *Hemorr-* The Juyce also being made up into an Oyntment, is effectual *roids* for the same purpose: The Head washed with a Decoction *Scabby* thereof, it taketh away Scabs, and may be effectual for other *Heads* parts of the Body also.

Nettles.

Nettles are so well known, that they need no Description at all, they may be found by feeling in the darkest Night.

Government and Vertues. This is also an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that *Winter* is cold and moist; then you may know as well the reason why Nettle-tops eaten in *Spring* consume the flegmatick Superfluities in the body of Man, that the coldness and moisture of *Winter* hath left behind. The Roots or Leaves boyled, or the Juyce of either of them, or both, *Lungs*, made into an Electuary with honey or sugar, is a safe & sure Me- *Wheezings* dicine to open the Pipes and Passages of the Lungs, which is the *shortness* cause of wheezings and shortness of Breath, and helpeth to expe- *of Breath*, ctorate tough Flegm, as also to raise the imposthuined Pleurisie, *Pleurisie*, and spend it by Spitting; the same helpeth the Swelling of the *Almonds* Almonds of the Ears.

Ears, Throat, Almonds of the Throat, the Mouth and Throat being galled therewith. The Juice is so effectual to settle the Palate, **Mouth, Uvula,** galled therewith. The Juice is so effectual to settle the Palate, **Terms provokes** of the Mouth in its place, and to heal and temper the Inflammation, **Masber,** Dysurymations and soreness of the Mouth and Throat. The decoction of the Leaves in Wine, being drunk, is singular good to provoke Womens Courfes, and settle the Suffocation, **Gravel, Worms** cation, strangling of the Mother, and all other Diseases thereof, as also applied outwardly with a little Myrrh. The Juice of the Leaves, same also, or the Seed, provoketh Urine, and expelleth the Gravel and Stone in the Reins or Bladder, often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the sides, and dissolveth the Windiness in the Spleen, as also in the Body, although others think it onely powerful to provoke Venery. The Juice of the Leaves taken two or three days together, stayeth Bleeding at the Mouth. The Seed being drunk, is a Remedy against the stinging of Venomous Creatures, the biting of mad Dogs, the poysonful qualities of Hemlock, Henbane, Nightshade, Mandrake, or other such-like Herbs, that stupifie or dull the Senses; as also the Lethargy, especially to use it outwardly to rub the Fore-head or Temples in the Lethargie, and the places bitten or stung with Beasts, with a little Salt. The distilled Water of the Herb is also effectual (although not so powerful) for the diseases aforesaid, as for outward Wounds and Sores to wash them, and to cleanse the Skin from Morpew, Leprosie, and other discolorings thereof; The Seed or Leaves bruised, and put into the Nostrils, stayeth the Bleeding of them, and taketh away the Flesh growing in them, called *Polypus*. The Juice of the Leaves, or the Decoction of them, or of the Root, is singular good to wash either old, rotten or stinking Sores, or Fistulaes and Gangreens, and such as, are fretting, eating, or corroding Scabs, Mangeiness and Itch in any part of the Body, as also green Wounds, by washing them therewith, or applying the green Herb bruised thereunto, yea although the Flesh were separated from the Bones: the same applied to our wearied Members, refresheth them, or to the places that have been out of Joynt being first set up again, strengtheneth, drieth and comforteth them, as also those places troubled with Aches and Gouts, and the defluxion of Humors upon the Joynts or Sinews, it easeth the Pains, and drieth or dissolveth the Defluxions. An Oyntment made of the Juice, Oyl, and little Wax, is singular good to rub cold and benumbed Members. An handful of the Leaves of green Nettles, and another of Walwort, or Danewort Bruised and applied simply of themselves to the Gout, Sciatica, or Joynt-aches in any part, hath been found to be an admittable help thereunto.

Night shade:

Descript.] Common *Nightshade* hath an upright, round, green, hollow Stalk, about a foot or a half yard high, bushing forth into many Branches, whereon grow many green Leaves, and somewhat broad and

and pointed at the ends, soft and full of Juice, somewhat like unto Basil, but larger, and a little unevenly dented about the edges: at the tops of the Stalks and Branches, come forth three or four more white Flowers made of five small pointed Leaves a piece, standing on a Stalk together, one above another with yellow pointels in the middle composed of four or five yellow threds set together, which afterwards run into so many pendulous green Berries of the bigness of small Pease, full of green Juyce, and small whitish round flat Seed lying within it. The Root is white, and a little woody when it hath given Flower and Fruit with many small Fibres at it: The whole Plant is of a waterish insipide taste, but the Juice within the Berries is somewhat viscous, and of a cooling and binding quality.

Place.] It groweth wild with us, under old Walls, and in Rubbish, the common Paths, and sides of Hedges and Fields, as also in our Gardens here in England without any planting.

Time.] It dieth down every year, and riseth again of its own sowing, but springeth not until the latter end of April at the soonest.

Government and Vertues.] It is a cold Saturnine Plant. This common *Nightshade* is wholly used to cool hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most

of the rest of the *Nightshades* are; yet it must be used moderate-ly. The distilled Water onely of the whole Herb is fittest *ons*, Inflammations in

and safest to be taken inwardly: The Juice also clarified and *mations in* taken, being mingled with a little Vinegar, is good to wash the Eyes, the Mouth and Throat that is Inflamed: But outwardly the *Shingles*,

Juice of the Herb or Berries with Oyl of Roses and a little Ring- Vinegar and Cerus laboured together in a leaden Mortar, is *worms*,

very good to anoint all hot Inflammations in the Eyes: It also *Terms*, both much good for the Shingles, Ringworms, and in all run-*stops*, Te-

ring, fretting and corroding Ulcers, and in moist Fistulaes, and *sticles*, the Juice be made up with some Hens Dung and applyed *Gour*,

hereunto: A Pessary dipped in the Juice and dropped into *Ears*. the Matrix, stayeth the immoderate Flux of Womens Cour-

ses: A Cloath wet therein, and applyed to the Testicles or Cods, up- many Swelling therein, giveth much ease, also to the Gout that cometh

of hot and sharp Humors. The Juice dropped into the Ears, easeth pains thereof that arise of Heat or Inflammations. And *Pliny* saith, It is good for

or Swellings under the Throat. Have a care you mistake not the *Dead-Nightshade* for this; if you know it not, you may let them both alone

and take no harm, having other Medicines sufficient in the Book.

The Oak.

It is so well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

Government and Vertues.] *Jupiter* owns the Tree. The Leaves and bark of the Oak, and the Acron Cups, do bind and dry very much:

The

dry, ibnd, spit- much the inner Bark of the Tree, and the thin Skin that
ting blood, flux covereth the Acton, are most used to stay the Spitting of
vomiting, ve- Blood, and the Bloody-flux: The Decoction of that Bark
nerous acts, dy- and the Powder of the Cups to stay Vomitings, Spitting of
sury, poyson, ve- Blood, bleeding at the Mouth, or other Flux of Blood in
nomous beasts, Men or Women, Lasks also, and the involuntary Flux of
cantharides, nãtural Seed. The Acrons in Powder taken in Wine pro-
ulcers of the voketh Urine, and resisteth the Poyson of Venomous Crea-
bladder. tures. The Decoction of Acrons and the Bark made in

Milk and taken, resisteth the force of Poysonous Herbs
 and Medicines, as also the virulency of Cantharides, when one by eating
 them, hath his Bladder exulcerated and pisseth Blood. *Hypocrates* saith,
 He useth the Fumes of Oak-leaves to Women that were troubled with
 the strangling of the Mother; and *Galen* applyed them being bruised, to
 Cure green Wounds. The Distilled Water of the Oaken-buds before they

Mother,
Wounds, In-
flammations,
Flux, Pesti-
lence, Epide-
mical Diseases
Liver, Stone,
Terms Stops,
Scabs.

break our into Leaves, is good to be used either inwardly
 or outwardly to assuage Inflammations, and stop all man-
 ner of Fluxes in Man or Woman: The same is singular
 good in Pestilential and hot burning Feavers, for it resist-
 eth the force of the Infection, and allayeth the heat: it
 cooleth the heat of the Liver, breaketh the Stone in the
 Kidneys, and stayeth Womens Courses. The Decoction of
 the Leaves worketh the same Effects. The Water that is
 found in the hollow places of old Oaks, is very effectual
 against any foul or spreading Scabs. The Distilled Water
 (or Decoction which is better) of the Leaves is one of the

best Remedies that I know for the Whites in Women.

Oats.

THese are also so well known, that they need no Description.

Government and Vertues.] Oats fried with Bay-salt, and applyed
 to the Sides, take away the Pains of Stitches and Wind
Stitch, Wind, in the Sides or Belly. A Pultice made of Meal of Oats,
Itch, Leprosie, and some Oyl of Bays put thereto, helpeth the Itch, and
Fistulaes, the Leprosie, as also the Fistulaes of the Fundament, and
Aposthumes, dissolveth hard Imposthumes. The Meal of Oats boiled
Freckles. with Vinegar and applyed, taketh away Freckles and
 Spots in the Face, or other Parts of the Body.

One Blade.

*Descript.] T*His small Plant never beareth more than one Leaf, but onely
 when it riseth up with this Stalk, which thereon beareth an-
 other and seldom more, which are of a blewish green colour, pointed, with ma-
 ny Ribs or Veins therein like Plantane. At the top of the Stalk, grow ma-
 ny small white Flowers, Star-fashion, smelling somewhat sweet; after
 which come small reddish Berries, when they are ripe. The Root is small,
 of the bigness of a Rush, lying and creeping under the upper crust of the
 Earth, shooting forth in divers places.

Place.] It groweth in moist, shadowy, and grassie places of Woods, in many places of this Land.

Time.] It flowreth about May, and the Berries be ripe in June, and then quickly perisheth, until the next year, it springeth from the same Root again.

Government and Vertues.] It is a precious Herb of the Sun. Half a dram or a dram at most in Powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to sweat thereupon, is held to be a Sovereign Remedy for those that are Infected with the Plague, and have a Sore upon them, by expelling the Poyson and Infection, and defending the Heart and Spirits from danger. It is a singular good Wound-Herb, and is thereupon used with other the like Effects in making Compound Balms for Curing Wounds be they fresh and green, or old and malignant, and especially if the Sinews be burnt.

Orchis.

[T hath gotten almost as many several Names attributed to the several sorts of it, as would almost fill a Sheet of Paper; as *Dog-stones*, *Goat-stones*, *Fools-stones*, *Fox-stones*, *Satirian*, *Cullians*, together with many others too tedious to rehearse.

Descript.] To describe all the several sorts of it were an endless piece of work; therefore I shall onely describe the Roots, because they are to be used with some discretion. They have each of them a double Root within, some of them are round; in others like a hand; these Roots alter every year by course, when the one riseth and waxeth full, the other waxeth lank and perisheth: Now it is that which is full which is to be used in Medicines, the other being either of no use at all, or else according to the humor of some, It destroys and disannuls the Vertue of the other, quite undoing what that doth.

Time.] One or other of them may be found in Flower, from the beginning of April, to the latter end of August.

Temperature and Vertues.] They are hot and moist in Operation, under the Dominion of Dame Venus, and provoke Lust exceedingly, which they say, the dry or withered Root re-
Lust provoke
trains again; they are held to kill the Worms in Chil-
eth, Worms,
dren; as also being bruised and applyed to the Place, to
Kings-Evil.
elp the Kings-Evil.

Onions.

[They are so well known, that I need not spend time about Writing a Description of them.

Government and Vertues.] Mars owns them, and they have gotten this quality to draw any Corruption to them; for if you Pill one, and lay him upon a Dunghill, you shall find him rotten in half a day, by drawing Putrification to it, then being bruised and applyed to a Plague-ore, 'tis very probable 'twill do the like.

Onions

Onions are flatulent or windy, yet they do somewhat provoke Appetite, encrease Thirst, ease the Belly and Bowels; provoke Women's Courses, helps the Biting of a Mad Dog, and of other *Mad Dogs*, *Worms*, *Cough*, venomous Creatures, to be used with Honey and Rew *Lethargy*, *Epi-* and encrease Sperm, especially the Seed of them: They *demical Disca-* also kill the Worms in Children if they drink the Water *ses.* fasting wherein they have been steeped all Night. Being roasted under the Embers and eaten with Honey or Sugar and Oyl, they much conduce to help an inveterate Cough, and expectorate the tough *Flegm*. The Juice being snuffed up into the Nostrils, purgeth the Head and helpeth the *Lethargy* (yet the often eating them is said to procure Pains in the Head.) It hath been held by divers Countrey People a good preservative against Infection to eat *Onions* fasting with Bread and Salt: and also to make a great *Onion* hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost Skin thereof, being eaten together, is a Sovereign Salve for either Plague-sore, or any other putrid Ulcer. The Juice of *Onions* is good for either Scalding or Burning by Fire, Water, or Gun-powder, and used with Vinegar, taketh away all Blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the Pains and Noise of them. Applied also with Figs beaten together, helpeth to ripen and break Impolluted humes and other Sores.

Leeks are as like them in quality, as the Pomewater is like an Apple, they are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken; and being boiled and applyed very warm, help the Piles. In other things they have the same property as the *Onions*, though not so Effectual.

Orpine.

Descript.] *C*ommon Orpine riseth up with divers round brittle Stalks thick set with fat and fleshy Leaves without any order, and little or nothing dented about the edges, of a green colour; the Flowers are white, or whitish growing in tufts, after which come small chaffy Husks with Seed like Dust in them. The Roots are divers, thick, round, without tuberous Clogs; and the Plant groweth not so big in some places as in others where it is found.

Place.] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild and groweth in shadowy sides in Fields and Woods.

Time.] It flowreth about July, and the Seed is ripe in August.

Government and Vertues.] The Moon owns the Herb, and he that knows but her Exaltation, knows what I say is true.

Orpine is seldome used in inward Medicines with us, although Tragus saith from experience in Germany, that the distilled Water Excoriations of therefore is profitable for Gnawing or Excoriation in the Bowels, Pitsick, Stomach or Bowels; and for Ulcers in the Lungs, Liver, Womb, Bloody- other inward parts, as also in the Matrix, and helpeth a Flux, Wounds, those Diseases being drunk for certain days together. An

that it stayeth the sharpness of Humors in the B'ody Flux, *Inflammation*, and other Fluxes in the Body, or in Wounds. The Root *Scaldings*, *Burnings* thereof also performeth the like effect. It is used outwardly *ings Quinsie*, to cool any Heat or Inflammation upon any Hurt or Wound, *Ruptures*, and easeth the pain of them : as also to heal *Scaldings* or *Burnings*; the Juyce thereof beaten with some green Sallet Oyl, and anointed The Leaf bruised, and laid to any green Wound in the Hands or Legs doth heal them quickly ; and being bound to the Throat much helpeth the Quinsie : It helpeth also *Ruptures* and *Burffness*. If you please to make the Juyce thereof into Syrup with Honey or Sugar, you may safely take a spoonful or two at a time (let my Author say what he will) for a Quinsie, and you shall find the Medicine more pleasant, and the Cure more speedy than if you had taken a Dog's-Turd, which is the Vulgar Cure.

Parsly.

THis is so well known that it needeth no Description. *Government and Vertues.*] It is under the Dominion of Mercury, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break Wind both in the Stomach, *Dys-Stomach* and Bowels, and doth a little open the Body, but *ry Terms*, prothe Root much more, and openeth Obstructions both of *vokes Liver* Liver and Spleen, and is therefore accounted one of the five *Spleen*, *Fall-mg* opening Roots. *Galen* commendeth it against the *Falling-sickness*, *Stonz*, sickness, and to provoke Urine mightily especially if the *Wind*, *Veno-* Roots be boyled and eaten like Parsaips. The Seed is effe- *mous Beasts*, dual to provoke Urine and Womens Courses, to expel *Cough*, *Suck-* Wind, to break the Stone, and ease the pains and torments *ing Children* thereof, or of any other part in the Body occasioned by *Eyes*, *Womens* wind, It is also effectual against the Venome of any poysonful *Breast*, *curdled* Creature, and the danger that cometh to them that have *Milk Black* taken Letharge ; and is good against the Cough. The di- *& Blue Marks*, stilled Water of Parsly is a familiar Medicine with Nur- *Faundice*, *Fal-* ses to give their Children when they are troubled with *ling-sickness*, Wind in the Stomach or Belly, which they call the Frets. *Dropfie*, and is also much available to them that are of greater years. Take Leaves of Parsly laid to the Eyes that are inflamed with Heat, or swoln, doth much help them, if it be used with Bread or Meal, and being fried with butter, and applied to Womens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also it taketh away Black and Blue Marks coming of Bruises or Falls. The Juyce thereof dropped into the Ears with a little Wine easeth the Pains. *Tragus* setteth down an Excellent Medicine to help the jaundice and *Falling-sick-* ness, the Dropfie, and Stone in the Kidnies in this manner: Take of the Seed of *Parsley*, *Fennel*, *Anise* and *Caraways*, of each an ounce ; of the Roots of *Parsley*, *Burnet*, *Saxifrage* and *Caraways*, of each an ounce and an half ; let the Seeds be bruised, and the Roots washed and cut small. Let them lie

all night in sleep in a pottle of white wine, and in the morning be boyled in a close Earthen Vessel untill a third part or more be waſhed, which being ſtrained and cleared, take four ounces thereof morning and evening firſt and laſt abſtaining from Drink after it for three hours. This
Obſtruſſion of Li- openeth *Obſtruſſions of the Liver and Spleen, and expel-*
ver and Spleen. leth the Dropſie and Jaundice by Urine.

Parsley-Piert, or Parſly Break-ſtone

Deſcript.] **T**He Root, although it be very ſmall and 7breddy, yet it continues many years, from whence ariſe many Leaves lying along on the Ground, each ſtanding upon a long ſmall Foot-ſtalk, the Leaves as broad as a Mans Nail, very deeply indented on the edges, ſomehat like a Parſley Leaf, but of a very duſky green colour. The Stalks are very weak and ſlender, about three or four fingers in length, ſet ſo full of Leaves that they can hardly be ſeen, either having no Foot-ſtalk at all, or but very ſhort; the Flowers are ſo ſmall they can hardly be ſeen; and the Seed as ſmall as ſmall may be.

Place.] It is a common Herb throughout the Nation, and rejoyceth in barren, ſandy, moiſt places. It may be found plentifully about Hamſtead-Heath, in Hide-Park, and in Turtle Fields.

Time.] It may be found all the Summer-time even from the beginning of April to the end of October.

Government and virtues.] Its operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Herb. It
Urin provoketh, were good the Gentry would pickle it up as they pickle up
Stone, Gravel in Samphire for their uſe all the Water. I cannot teach them
the Kidnies. how to do it: yet this I can tell them, it is a very whol-
Strangury. ſome Herb. They may alſo keep the Herb dry, or in a Syrup
 if they pleaſe. You may take a dram of the powder of it
 in white Wine, it would bring away Gravel from the Kidnies inſenſibly
 and without pain, It alſo helps the Strangury.

Parſnip

THe Garden kind thereof is ſo well known, (the Root being commonly eaten): that I ſhall not trouble you with any Deſcription of it. But the wild kind being of more Phyſical uſe, I ſhall in this place deſcribe it unto you.

Deſcript.] the wild Parſnip differeth little from the Garden, but groweth not ſo fair and large, nor hath ſo many Leaves; and the Root is ſhorter, more woody; and not ſo fit to be eaten, and therefore more medicinable.

Place.] The name of the firſt ſheweth the place of its growth.

The other groweth wild in divers places, as in the Marſhes by, Rochefter, and elſewhere, and flowereth in July: The Seed being ripe about the beginning of Auguſt, the ſecond year after the ſowing: for if they do flower the firſt year the Country people do call them Madneps.

Government and Vertues.] The Garden Parſnips are under Venus. The

Garden

Garden Parsnips nourisheth much, and is good and wholsome Lust provokes, nourishment, but a little wind, whereby it is thought to Dysury, Cleanse, procure bodily Lust; but it fatneth the Body much, if much open, Venomous used. It is conduible to the Stomach and Reins, and provo- Beasts, Cholick keth Urine. But the wild Parsnips hath a cutting, attenuating Dysury cleaning and opening quality therein. resisteth and help- eth the bitings of Serpents, easeth the Pains and Stiches in the Sides, and dissolveth Winds both in the Stomach and Bowels, which is the Cholick; and provoketh Urine. The Root is often used, but the Seed much more.

The Wild being better than the tame, shews Dame Nature to be the best Physitian.

Cow-Parsnip

Descript.] This groweth with three or four large, spread, winged rough Leaves, lying often on the Ground, or else raised a little from it, with long, round hairy Foot-stalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each Leaf being almost round, but somewhat deeply cut in on the edges, in some Leaves, and not so deep in others; of a whitish green colour smelling somewhat strong; among which arise up a round, crusted, hairy stalk, two or three foot high, with a few Foynts and Leaves thereon, and branched at the top, where stand large umbles of white, and sometimes reddish Flowers, and after them flat, whitish, thin, winged Seed, two alwayes joyned together. The Root is long and white, with two or three long strings growing down into the Ground, smelling likewise strongly, and unpleasant. **Place.]** It groweth in moist Meadows, and the borders and corners of Fields, and near Ditches generally through this Land.

Time.] It flowereth in July, and seedeth in August.

Goverment and Vertues.] Mercury hath the Dominion over them. The Seed thereof, as Galen saith, is of a sharp and cutting quality, and is therefore a fit Medicin for the Cough and shortness of Breath, the Falling-sickness, and the Jaundice. The Root is avail- Cough Difficulty able to all the purposes aforesaid, and is also of great use to of Breach, Fal- take away the hard Skin that groweth on a Fikula, if it be ling-sickness but scraped upon it. The Seed hereof being drunk, cleans Jaundice. Fi- seth the Belly from tough flegmatick Matters therein; easeth stula, Flgm, Li- them that are Liver-grown, Womens passions of the Mother ver, Maiber Le- as well being drunk as the smoke thereof received under thary, Frenzie neath, and likewise raiseth such as are fallen into a deep sleep, Headach, Scabs, or have the Lethargy, by burning it under their Nose. The Shingles. Seed and Root boyled in Oyl, and the Head rubbed there- with, helpeth not only those that are fallen into a Frenzie, but also the Le- thargy or Drowlie Evil, and those that have been long troubled with the Head-ach if it be likewise used with Rue. It helpeth also the running Scab and the Shingles. The Juyce of the Flowers dropped into the Ears that run and are full of Matter, cleanseth and healeth them.]

The Peach-Tree.

Descript.] A Peach-Tree groweth not so great as the Apricock-Tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish Twigs, whereon are set long and narrow green Leaves dented about the edges, The Blossoms are greater then the Plum, and of a light purple colour. The Fruit round and sometimes as big as a reasonable Pippin others smaller as also differing in colour, and taste as russet, red or yellow, waterish or firm with a Freze or Cotten all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter Kernel within the Stone. It sooner waxeth old, and decayeth than the Apricock by much.

Place.] They are nursed up in Gardens and Orchards through this Land.
Time.] They flower in the Spring, and fructifie in Autumn.

Government and Vertues.] Lady Venus owes this Tree, and by it opposeth the ill effects of Mars, and indeed for Children and young people, nothing is better to purge Choler and the Jaundices than the Leaves and Flowers of this Tree being made into a Syrup or Conserve, let such as delight to please their Lust regard the Fruit: but such as have lost their Health and their Childrens, let them regard what I say, they may safely give two spoonful of the Syrup at a time, 'tis as gentle as Venus her self. The Leaves of Peaches

bruised and laid on the belly killeth Worms: and so they do also being boiled in Ale and drunk, and open the Belly like Worms. Belly
 opens, Humours, wise; and being dried is a safe Medicine to discuss Humour
 wounds. The Powder of them strewed upon fresh bleeding Wounds

stayeth their Bleeding and closeth them up. The Flowers steeped all night in a little Wine standing warm, strained forth in the morning and drunk fasting, doth gently open the Belly, and move it downward. A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth waterish and Hydropick Humors by the continuance thereof. The Flowers made into a Conserve worketh the same effect. The Liquor that droppeth from the

Tree being Wounded, is given in the Decoction of Coltsfoot, Dropfie, Cough,
 shortness of Breath, by adding thereunto some sweet Wine, and putting
 some Saffron also therein, it is good for those that are hoarse
 or have lost their Vo'ce: helpeth all defects of the Lungs, and these that vomit or spit Blood. That draught thereof given in the Juyce of Lemmons or of Raddish, is good for them that are troubled with the Stone. Two Kernels of the

Stones do wonderfully ease the pains and wringing of the Belly through wind or sharp Humors, and help to make an excellent Medicine for the Stone upon all occasions, on this manner: Take fifty Kernels of Peach-stones, and one hundred of the Kernels of Cherry-stones, a handful of Elder-flowers fresh or dried, and three pints of Muscadell; set them in a close Pot into a bed of Horse dung for ten dayes, which after distill in a Glass with a gentle Fire, and

and keep it for your use : you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawa forth with some Vervain-water and applied to the Fore-head and Temples doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawa from the kernels, the Temples being therewith anointed, doth the *Biliness* like. The said Oyl put into Clysters, easeth the pains of the Wind- *Ears*, Cholick ; and anointed on the lower part of the Belly, doth the *Waiching* like ; and dropped into the Ears, easeth the pain in them : the Jayce of the Leaves doth the like , Being also anointed on the Fore-head and Temples, it helpeth the Megrim and all other pains in the Head. If the Kernels be bruised and boiled in Vinegar untill they become thick, and applied to the Head, it marvelously procures the Hair to grow again upon bald places, or where it is too thin.

The Pear-Tree.

Pear-Trees are so well known, that they need no Description.

Government and Vertues.] The Tree belongs to *Venus* , and so doth the Apple-Tree. For their Physical use they are best discerned by their tastes. All the sweet luscious sorts, whether manured or wild, doth he'p to move the Belly downwards more or less. Those that are hard and sour, do on the contrary bind the Belly as much, and the Leaves do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are every good in repelling Medicines, as if the wild sort be boiled with Mushrooms, it maketh them the less dangerous. The said Pears *Mushrooms* , boyled with a little Honey, helpeth much the oppressed Stomach *Stomach* , as all sorts of them do, some more, some less : but the harrier *Inflammation* sorts do more cool and bind, serving well to be bound to gre *n* ons, Wounds to cool and stay the blood, and heal up the Wound *Cool* , without further trouble or Inflammation , as *Galen* saith he hath *Bind* , found by experience. The wild Pears do sooner close up the *Wounds* . lips of green Wounds than the others.

Schola Solerni adviseth to drink much Wine after Pears, or else (say they) they are as bad as Poyson, nay, and they curse the Tree for it too ; but if a poor man find his Stomach oppressed by eating Pears, 'tis but working hard and it will do as well as drinking Wine.

Pellitory of Spain.

Common *Pellitory* of *Spain*, if it be planted in our Gardens. it will prosper very well, yet is there one sort growing ordinary here wild, which I esteem to be little inferior to the other, if at all. I shall not deny you the Description of them both.

Descript.] *Commen Pellitory* is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right in the Ground, bearing Leaves being long and finely cut upon the Stalk lying upon the Ground, much larger than the *Leaves* of Chamomel are, At the top

it bears one single large Flower at a place, having a border of many Leaves white on the upper side and reddish underneath, with a yellow Thrum in the middle, not standing so close as that of Chamomil doth.

The other common Pellitory which groweth here, it hath Root of a sharp biting tast, scarce discernable by the tast from the before described, from whence arise divers brittle Stalks, a yard high and more; with narrow long Leaves finely dented about the edges, standing one above another up to the top. The Flowers are many and white, standing in Tufts like those of Yarrow, with a small yellowish Thrum in the Middle. The Seed is very small.

Place.] The last groweth in Fields by the Hedge-side and Path, almost every where.

Time.] It flowreth at the later end of June and July.

Government and Vertues.] It is under the Government of Mercury, and I am perswaded that 'tis one of the best purgers of the Brain Brain purgeth, that grows. An ounce of the Juyce taken in a draught of Agues, flegmatick Muskadel an hour before the Fit of the Ague comes, will Humours, Head, assuredly drive away the Ague at the second or third time Teeth Disillations of the Brain taking at the furthest. Either the Herb or Root dried and on the Lungs and Homours, thereby not only easing Pains in the Head and Eyes, Coughs, Teeth, but also hindreth the distilling of the Brain upon Ptisick, Consumptions, Apoplexy, and Consumption, the Apoplexy, and Falling-sickness, It is a excellent approved Remedy in the Lethargy. The Lethargy, Sneezing, Head-ach, procureth Sneezing, and easeth the Head-ach, being made Black and Blew into an Oynment with Hogs-grease, it takes away Black Spots, Gout, Stitica and Blew Spots occasioned by Blows or Falls, and helps both the Gout and Sciatica.

Pellitory of the Wall.

Descript.] It riseth with many brownish, red, tender, weak, clear, and almost transparent Stalks, about two foot high, upon which grow at the several Joynts two Leaves somewhat broad and long of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the Stalks are also. At the Joynts with the Leaves from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many small, pale, purplish Flowers in hairy rough Heads or Husks, after which come small, black and rough Seed, which will stick to any Cloath or Garment that shall touch it. The Root is somewhat long, with many small Fibres thereat, of a dark reddish colour, which abideth the Winter, although the Stalks and Leaves perish and spring fresh every year.

Place.] It groweth wild generally through the Land, about the borders of Fields, and by the sides of Walls, and among Rubbith. It will endure well being brought up into Gardens, and planted on the shady side, where it will spring of its own sowing.

Time.]

Time.] It flowereth in *June* and *July*, and the Seed is ripen soon after Government and Vertues.] It is under the Dominion of *Mercury* The dried Herb-pellitory made up into an Electuary with Honey or the Juyce of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular Remedy for any old or dry Cough, *Oldor dry Cough*, the shortness of Breath, and wheezing in the Throat, *shortness of Breath*, Three ounces of the Juyce thereof taken at a time, doth *Stone and gravel*, wonderfully help stopping of the Urine, and to expel *Mother, Women as the Stone or Gravel in the Kidneys or Bladder*, and is *Cours, Obstruction* therefore usually put among other Herbs, used in Clysters, to mitigate Pains in the Back, Sides or Bowels, *Teeth, Freckles*, proceeding of Wind, stopping of Urine, the Gravel or Stone *Wheals, Sun burn* as aforesaid. If the bruised Herb (sprinkled with some *Morphew, Pain in the Ears, Impost* Muskadel be warmed upon a Tile, or in a dish upon a few *quicks Coals in a Chaffing-dish*, and applied to the Belly, *bumes, Burnings* it worketh the same effect. The Decoction of the Herb, *and Scaldings. In-* being drunk, easeth pains in the Mother, and bringeth *flamations, Ul-* down Womens Courses, it also easeth those Grievs that *cers, Scabs, falling* arise from Obstructions of the Liver, Spleen and Reins: *off of the Hair, Pi-* The same Decoction with a little Honey added thereto, *les, Gout, Fistulaes* is good to gargle a sore Throat. The Juice held a while *green Wounds*, in the Mouth, easeth pains in the Teeth. The distilled *bruised Tendon or* Water of the Herb drunk some Sugar, worketh the *Muscle*, same effect, and cleanseth the Skin from Spots, Freckles, *Parples, Wheals, Sunburn, Morphew, &c.* The Juyce dropped into the Ears, easeth the Noise in them, and taketh away the pricking and shooting Pains therein: The same, or the distilled Water, asswageth hot and swelling *Imposthumes, Burnings and Scaldings* by Fire or Water, as also all other hot Tumors and Inflammations, or breaking out of Heat, being bathed often with wet Cloaths dipped therein. The said Juyce made into a Liniment with Ceruss, and Oyl of Roses and anoiated therewith, cleanseth foul rotten Ulcers and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads: and helpeth to stay falling of the Hair from off the Head. The said Oyntment or the Herb applied to the Fundament, openeth the piles, and easeth their Pains; and being mixed with Goats Tallow helpeth the Gout: The Juyce is very effectual to cleanse *Fistulaes*, and to heal them up safely; or the Herb it self bruised and applied with a little Salt. It is likewise so effectual to heal any green Wound, that if it be bruised and bound thereto for three daies, you shall need no other Medicine to heal it further. A Pultiss made hereof with Mallows, and boiled in Wine with Wheat-Bran and Bean Flour, and some Oyl put thereto, and applied warm to any bruised Sinew, Tendon or Muscle, doth in a very short time restore them to their strength, taking away the Pains of the Bruiser, and dissolveth the congealed Blood coming of Blows or Falls from high places.

The Juyce of Pellitory of the Wall clarified and boiled into a Syrup with Honey

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropſie; if continuing that courſe, though but once a Week, if ever they have the Dropſie, let them come but to me, and I will Care them *gratis*.

Peny-royal

Penyroyal is ſo well known unto all, (I mean the common kind) that it needeth no Deſcription.

There is a greater kind than the ordinary ſort found wild with us, which ſo abideth being brought into Gardens, and differeth not from it, but only in the largeneſs of the Leaves and Stalks, in ariſing higher, and not creeping upon the Ground ſo much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other.

Place.] The firſt, which is common in Gardens, groweth alſo in many moiſt and watry places of this Land.

The ſecond is found wild in *Effex* in divers places by the High way from London to Colcheſter, and thereabouts more abundantly than in other Countries, and is alſo planted in their Gardens in *Eſſex*.

Time.] They flower in the latter end of Summer, about *Auguſt*.

Government and Vertues.] The Herb is under *Venus*. *Dioſcorides* ſaith

The Peny-royal maketh thin tough Flegm, warmeth the coldneſs of any part whereto it is applied, and digeſteth raw
Tough Flegm, or corrupt Meat: Being boyled and drunk it provoketh
Terms provokes, Dead Child and Womens Courſes, and expelleth the Dead Child and After-
Dead Child and Womens Courſes, and expelleth the Dead Child and After-
After-birth, &c. birth, and ſtayeth the diſpoſition to Vomit, being taken in
miting Melan- Water and Vinegar mingled together. And being mingled
choley, Veno- with Honey and Salt it avoideth Flegm out of the Lungs
mous Beaſts, and purgeth Melancholy by the ſtool. Drunk with Wine it
Fainting and helpeth ſuch as are Bitten or Stung with Venomous Beaſts
Swooning, and applied to the Noſtrils with Vinegar, reviveth thoſe
Gums, Gout, that are Fainting and Swooning. Being dried and burnt, it
Marks in the ſtrengtheneth the Gums. It is helpful to thoſe that are trou-
Face, Tooth-ach bled with the Gout, being applied of it ſeſt to the place un-
Pains in the til it wax red; and applied in a Plaiſter, it maketh away
Joynts, Head- Spots or Marks in the Face: applied with Salt it profit-
ach Pains of eth thoſe that are Splenetick or Liver-grown. The Deco-
the Belly and ction doth help the Itch if waſhed therewith: Being put
Breaſt, Falling- into Baths for Women to ſit therein, it helpeth the ſwel-
ſickneſs, ſink- ling and hardneſs of the Mother. The green Herb brui-
ing Water, fed and put into Venegar, cleanſeth foul Ulcers, and taketh
Cramps and away the Marks of Bruiſes and Blows about the Eyes, and
Conviſions, all Diſcolourings of the Face by Fire, yea, and the Leproſie,
Sore Mouth, being drunk and outwardly applied: Boiled in wine with
Favndice, Honey and Salt, it helpeth the Tooth-ach. It helpeth the
Dropſie, Pains cold Griefs of the Joynts, taketh away the pains and warm-
of the Head, eth the cold part, being ſaſt bound to the place after-a
and Eye-ſight. Bathing, or Sweating in an Hot-houſe. *Pliny* addeth
 That

That Peny-royal and Mints together help Fainting or Swoonings. being put into Vinegar, and put into the Nostrils to be smelled unto, or a little thereof put into the Mouth. It easeth the Head-aches and the pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward pains of the Bowels: being drank in Wine, it provoketh Womens Courses, and expelleth the dead Child and After-birth: Being given in wine it helpeth the Falling-sickness: Put into unwholsome or stinking Water that Men must drink (as at Sea, or where other cannot be had) it makes them the less hurtful: It helpeth Cramps or Convulsions of the sinews being applied with Honey, Salt and Vinegar. It is very effectuell for the Cough, being boyled in Milk and drunk, and for the Ulcers and Sores in the Mouth. *Mathiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and Dropisie, and all pains of the Head and Sinews that come of a cold cause, and that it helpeth to clear and quicken the Eye-sight. Applied to the Nostrils of those that have the falling sickness or the Lethargy, or put into the Mouth it helpeth them much, being bruised and with Vinegar applied. And applied with Barley Meal, it helpeth Burnings by Fire, and put into the Ears, easeth the Pains of them.

Lethargy,
Burnings,

Peony Masc. and Fœmina.

Descript.] **M**ale Peony riseth up with many brownish Stalks whereon grow many fair green, and sometimes reddish Leaves, one set against another, upon a stalk without any particular division in the Leaf at all. The Flowers stand at the top of the Stalks, consisting of five or six broad Leaves of a fair purplish red colour, with many yellow threads in the middle standing about the Head, which after riseth up to be the Seed-Vessels, divided into two, three or four rough crooked Pods like Horns, which being full ripe, open and turn themselves down one edge to another backward, shewing within them divers round, black shining Seeds, having also many red or crimson grains, intermixed with the black whereby it maketh a very pretty shew. The Roots are great thick and long spreading, and running down reasonable deep in the Ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts, and divisions, of a dark or dead green colour. The Flowers are of a strong heady scent, most usually smaller, and of a more purple colour than the Male, with yellow Thrums, about the Head as the Male hath. The Seed Vessels are like Horns as in the Male, but smaller; the Seed also is black, but less shining. The Roots consist of many thick and short tuberos Clogs, fastned at the ends of long Sirings, and all from the Heads of the Root which is thick and short, and of the like scent with the Male.

Place and Time.] They grow in Gardens; and flower usually about May

Gouverment and Vtues.] It is an Herb of the Sun, and under the Lyon Physicians say Male Peony Roots are best but Dr Reason told me Male Peony

Peony was best for men, and Female peony for women, and he desired to be judg'd by his Brother Dr. *Experience*. The Roots are held to be of more Vertues, than the Seed; next the Flowers, and last of all the Leaves. The

Root of the Male Peony, fresh gathered having been found *Falling-sickness*. by *Experience* to Cure the *Falling-sickness*; but the surest way is (besides hanging it about the Neck, by which


Children have been cured) to take the Root of the Male Peony washed clean and stamped somewhat small, and laid to infuse in Sack for 24 hours at the least; after strain it, and take it first and last, morning and evening a good draught for sundry dayes together before and after a full Moon: and this will also cure older persons, if the Disease be not grown too old and past cure especially if there be a due and orderly preparation of the Body with Posset-drink Made of Betony, &c. The Root is also effectual

women not cleansed
in Child-Birth,
Mother, Epialtes
or the Night-mare,
Melancholick
Dreams.

for Women that are not sufficiently cleansed after Child birth, and such as are troubled with the Mother; for which likewise the black Seed beaten to powder and given in Wine is also available. The black Seed also taken before bed-time, and in the morning, is very effectual for such as in their Sleep are troubled with the Disease called *Epialtes* or *Incubus*, but we do commonly call it the

Night-Mare, a Disease which melancholy persons are subject unto: It is also good against Melancholick Dreams. The distilled Water, or Syrup made of the Flowers worketh the same effects that the Root and the Seed do, although more weakly The Female is often used for the purposes aforesaid, by reason the Male is so scarce a plant that it is possessed by few, and those great Lovers of Rarities in this kind.

Pepper-wort, or Dittander.

Descript.]  Our common Pepper-wort sendeth forth somewhat long and broad Leaves, of a light blewish green colour, finely dented about the edges, and pointed at the ends, standing up round on hard stalks, three or four foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them, after which follow small Seed in small Heads. The Root is slender, running much under Ground, and shooting up again in many places: and both Leaves and Roots, are very hot and sharp of taste like Pepper, for which cause it took the Name.

Place.] It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exeter* in *Devonshire*; upon *Rocheſter-Common* in *Kent*, in *Lancashire*. and divers others places: but is usually kept in Gardens.

Time.) It flowreth in the end of *June* and in *July*.

Government and Vertues) Here's another Martial Herb for you make much of it, as *Pliny* and *Paulus Aeginetia* say, That *Pepper-Scitnica*. Gout, wort is very effectual for the *Sciatica*, or any other Gout *Joints* pained, or pains in the *Joynts*, or any other inveterate Grief: The *Discolourings* of Leaves thereof to be bruised, and mixed with old Hog's-grease and

and applied, to the place, and to continue thereon four hours the Skin, Marks in Men, and two hours in Women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wool or Skins after they have Sweat a little. It also amendeth the Deformities and Discolourings of the Skin, and helpeth to take away Marks, Scars, and Scabs; or the foul Marks of Burning with Fire or Iron, The Juyce hereof is in some places used to be given in Ale to drink to Women with Child, to procure them a speedy Delivery in Travel.

Perwinkle.

Descript] **T**He common sort herrof hath many Branches trailing or running upon the ground, shooting out small Fibres at the Foyns as it runneth. making thereby hold in the ground, and rooteth in divers places. At the Foyns of these Branches stand two small, dark green, shining Leaves, somewhat like Bay-Leaves but smaller, and with them come forth also the Flowers (one on a Foint, standing upon a tender Foot-stalk) being somewhat long and hollow, parted at the brims sometimes into four. sometimes into five Leaves: the most ordinary sort are of a pale blue colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger then a Rush, blushing in the ground and creeping with his Branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.

Place] Those with the pale blue. and those with the white Flowers grow in Woods, and Orchards. by the Hedge-sides, in divers places of this Land but those with the purple Flowers in Gardens only.

Time] They flower in March and April.

Temperature and Vertues.] Venus owns this Herb, and saith Strach That the Leaves eaten by Man and Wife together, cause Love Bleeding, between them. The Perwinkle is a great binder, stayeth Bleeding Womens both at Mouth and Nose, if some of the Leaves be chewed: Courses. The French use it to stay Womens Courses. Dioscorides, Galen, Flux of the and Aegeneia, commend it against the Lask, and Fluxes of the Belly. Belly, to be drunk in Wine.

St. Peters-wort.

IF Superstition had not been the Father of Tradition as well as Ignorance the Mother of Devotion, this Herb (as well as St. Johns wort) had found some other Name to be known by: but we may say of our fore-Fathers as St. Paul of the Athenians, I perceive that in many things you are too superstitious. Yet seeing it is come to pass, That Custome having got in possession, pleads Prescription for the Name; I shall let it pass, and come to the Description of the Herb, which take as followeth:

Descript.] It riseth up with square upright Stalks for the most part somewhat greater and higher than St. Johns-wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else) for though God would have the Saints equal

equal, the Pope is of another opinion) but brown in the same manner, having two Leaves at every Joynt, somewhat like but larger than St. Johns-wort, and a little rounder pointed, with few or no Holes to be seen therein, and having sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also; At the tops of the Stalks stand many Star-like Flowers, with yellow threds in the middle, very like those of St. Johns-wort, insomuch that this is hardly discerned from it, but only by the largeness and height, the Seed being alike also in both. The Root abideth long, sending forth new shoots every year.

Place.] It groweth in many Groves and small low Woods, in divers places of this Land, as in Kent Huntington, Cambridge, and Norfolk on shires, as also near Water courses in other places.

Time.] It flowereth in June and July, and the Seed is ripe in August.

Government and Vertues.] There is not a Straw to choose between this and St. Johns-wort, only St. Peter must have it lest he should want Pot-herbs, it is of the same property of St. Johns-wort but somewhat weaker, and therefore more seldom used Two drams of the Seed taken at a time in Honeyed Water purgeth Cholerick Humors (as saith Dioscorides Pliny and Galen,) and thereby helpeth those that are troubled with the Sciatica: The Leaves are used as St. Johns-wort, to help those places of the Body that have been burnt with Fire.

Pimpernel.

Descript.] Common Pimpernel hath divers weak, square Stalks lying on the Ground, beset along with two small, and almost round Leaves at every Joynt, one against another very like Chickweed, but hath no Foot-stalks, for the Leaves as it were compass the Stalk: The Flowers stand singly each by themselves at them and the Stalks, consisting of five round small pointed Leaves of a fine pale red colour, tending to an Orange, with so many threds in the middle, in whose place succeed smooth round Heads, wherein is contained small Seed. The Root is small and fibrous perishing every year.

Place.] It groweth every where almost as well in the Meadows and Corn fields, as by the Way-side and in Gardens, arising of it self.

Time.] It flowereth from May and August, until the Seed ripeneth in the mean time and falleth.

Government and Vertues.] It is a gallant Solar Herb. This is of a cleansing and attractive quality, where it draweth forth Thorne or Splinters, or other such like things gotten into the flesh, purgeth the Flesh, and put up into the Nostrils, purgeth the Head, Wounds and Galen saith also they have a drying faculty, whereby they are good to soder the Lips of Wounds, and to cleanse the Face, foul Ulicers. The Distilled Water or Juyce is much esteemed by French Dames to cleanse the skin from any roughness deformity or discolourings thereof, Being boyled in Wine.

Wine given to drink, it is a good Remedy against the *Venemous* Plague, and other Pestilential Feavers, if the Party after *Bealls, Mad* taking it, lie warm in his Bed and sweat for two hours after *Dogs Biting,* and use the same twice at least. It helpeth also all Stingings *Obstructions,* and Bitings of *Venemous Bealls* or mad Dogs, being used *Urin, Stone, and* inwardly and applied outwardly. The same also openeth *Gravel, Wounds* the Obstructions of the Liver, and is very available against *and Ulcers,* the Infirmities of the Reins; it provoketh Urine, and helpeth to ease the Stone and Gravel out of the Kidnies and *Clouds, or Mists* Bladder; it helpeth much in all inward Wounds and *in the Eyes* Ulcers. The Decoction or distilled Water is no less effectual *Tooth-ach, Hemorrhoids.* to be applied to all Wounds that are fresh and green, or old filthy fretting and running Ulcers. which is very effectually Cureth in a short space, A little Honey mixed with the Juyc, and dropped into the Eyes, cleanseth them from cloudy Mists, or thick films which grow over them and hinder the Sight. It helpeth the Tooth-ach being dropped into the Ear on the contrary side of the Pain. It is also effectual to ease the Pains of the Hemorrhoids or Piles.

Ground-pine, or Chamepitys

Descript] Our common Ground-pine groweth low, seldom rising above an hand breadth high, shooting forth divers small Branches set with slender, small, long, narrow, grayish or white Leaves, somewhat hairy and divided into three parts, many times many blushing together at a Foyn, and sometimes some growing scatteredly upon the stalks smelling somewhat strong, like unto Rozin; the Flowers are somewhat small and of a pale yellow Colour growing from the Foyns of the Stalk all along among the Leaves, after which come small and round Husks: The Root is small and woody, perishing every year

Place.] It groweth more plentifully in Kent than in any other Country of this Land, as namely in many places on this side Dartford along to Southfleet, Chatham, and Rochester and upon Chatham-Down, hard by the Beacon, and half a Mile from Rochester in a Field nigh a House called Selley.

Time.] It flowreth and giveth Seed in the Summer Months.

Government and Vertues.] Mars owns the Herb. The Decoction of Ground-pine drunk, doth wonderfully prevail against the Strangury, or any inward Pains arising from the Disease of the Reins *Strangury,* and Urine, and is especial good for all obstructions of the Liver *Obstruction* and Spleen, and gently openeth the Body, for which purpose *ons* they were wont in former times to make Pills with the Powder *Womens* thereof, and the purple Figs. It marvelously helpeth all the Disorders of the Mother used inwardly, or applied outwardly, procuring *Courses* Womens courses, and expelling the Dead Child and After-birth, *Dead Child* yea it is so powerful upon those Feminine parts that *and after-* it is utterly forbidden for Women with Child, and that it will *birth.* cause

cause Abortment or Delivery before the time: It is as effectual also in all Pains and Diseases of the Joynts, as Gouts. Cramps, Palsies, Sciatica and Aches: either the Decoction of the Herb in Wine taken inwardly or applied outwardly, or both for some time together, for which purpose the pills made with Powder of Ground Pine, and of Hermodactilis with Venice-Turpentine are very effectual. These Pills also are special good for those that have the Dropsie. ^{to be con-} continued for some time. The same is an special help for the Jaundice, and for griping pains of the ^{the} Belly or inward parts: It helpeth also Diseases of the ^{in pro-}ceeding of Cold and flegmatick Humours and L. allations, as also for the Falling-sickness It is a especial Remedy for the poison of the Aconites of all sorts, and other poysonful Herbs, as also against the Stinging of any Venomous Creatures: It is a good Remedy for a cold Cough especially in

the beginning. For all the purposes aforesaid, the Herb being tunned up in new Drink and drunk, is almost as effectual; but far more acceptable to weak and dainty Stomachs. The distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which *Matthiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applyed, dissolveth the hardness of Womens Breasts and all other hard Swellings in any other part of the Body. The green Herb also applyed, or the Juycce thereof with some Honey, not only cleanseth putrid, stinking, foul and malignant Ulcers and Sores of all sorts but healeth and fodereth up the lips of green Wounds in any part also.

Let Women feare it if they be with Child, for it works violently upon the Feminine part.

Plantane.

THis groweth so familiarly in Meadows and Fields, and by Path-ways and is so well known that it needeth no Description.

Time.] It is in its beauty about *June*, and the Seed ripeneth shortly after. *Government and Vertues.*] It's true, *Mizaldus* and others, yea almost all Astrologo-Physicians hold this to be an Herb of *Mars*, and they give a verisimile of a truth for it too, *viz.* Because it Cures Diseases of the Head and Privities, which are under the Houses of *Mars Aries* and *Scorpio*: All Diseases of the Head coming of Heat are caused by *Mars*, for *Venus* is made of no such hot Metal, or at least deals in Inferiour Parts. The truth is, It is under the command of *Venus*, and Cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*; neither is there hardly a Martial Disease but it Cures: If I were to fortifie my Body against a Martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The Jayce of Plantane clarified and drunk for divers days Pains in the together, either of himself or in other drink, prevaleth won- Guts, Distilla- derfully against all Torments or Excoriations in the Guts tion of Rheum, or Bowels, helpeth the Distillation of Rheum from the Fluxes and Head, and stayeth all manner of Fluxes, even Womens Womens Cour- Courses when they flow too abundantly: It is good to stay ses, Spitting Spitting of Blood and other Bleedings at the Mouth, or Blood, or Bleed- the making of foul or bloody Water by reason of any Ulcer- ing at Mouth in the R or Bladder, and also stayeth the too feeble Bleed- or nose or of ing of W. It is held an especial Remedy for those that Wounds, Piz- ure trouble with the Ptifick, or Consumption of the Lungs, sick, Consump- or Ulce. the Lungs, or Coughs that come of Heat. The tion or Ulcers Decoction or Powder of the Roots or Seed, is much more in the Lungs, binding for all the purposes afore said than the Leaves. Dio- Tertian Ague, corides saith, that three Roots boyled in Wine and taken, Droffe, and helpeth the Tertian Ague, and four the Quartan Ague: But Falling-sick- letting pass the number as fabulous) I conceive the De- ness, Tooth-ach, coction of divers Roots may be effectual. The Herb (but Pin and Web in specially the Seed) is held to be profitable against the Eye, Pains Dropfie, the Falling-sickness, the Yellow Jaundice, and in the Ears, in- stopplings of the Liver and Reins. The Roots of Plantane flammations, and Pellitory of Spain beaten to Powder, and put into hol- Burning or low Teeth, taketh away the Pains of them: The clarified Scalding, hol- Jayce or distilled Water dropped into the Eyes cooleth the low Ulcers, Can- inflammations in them, and taketh away the Pin and Web; kers and Sore and dropped into the Ears easeth Pains in them, and helpeth Mouth, or rivo- ed restoreth the Hearing: The same also with Jayce of Paris, Piles, Pains of the couleeck is profitable against all inflammations and break- Pains of the outs of the Skin, and against Burning and Scalding by Head Lunacy fire or Water. The Jayce or Decoction made either of and Frensie self, or other things of like Nature is of much use and Biting of Ser- good effect for old and hollow Ulcers that are hard to be penis or Mad cured, and for Canker and Sores in the Mouth or Privy Dogs, bot parts of Man or Woman; and helpeth also the Pains of the Gouts, Benes files in the Fundament: The Jayce mixed with Oyl of out of Foynt, noses, and the Temples and Fore-head anointed therewith, worms in the aseth the Pains of the Head, proceeding from Heat and help- Belly, or in th Lunatick and Phrenetick Persons very much; as also Ulcers, Scabs, the Biting of Serpents or of a mad Dog: The same also is and Itch, Tet- profitably applied to all hot Gouts in the Feet or Hands, ters, Ring- specially in the beginning. It is also good to be applied, Worms, where any Bone is out of Joynt to hinder Inflammations, Shingles and wellings and Pains that presently rise thereupon. The fretting Sores powder of the dried Leavestaken in Drink, killeth Worms of wounds the Belly: and boiled in Wine killeth Worms that breed in and foul Ulcers. One part of Plantane Water, and two parts of the Brine

Brine of powder'd Beef Boyled together and clarified, is a most sure Remedy to heal all spreading Scabs or Itch in the Head or Body, all manner of Tetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are sing lar good Wound-Herbs to heal fresh or old Wounds or Sores either iaward or outward.

Plums.

THese are so well known that they need no Description.

Government and Vertues.] All *Plums* are under *Venus*, 7 men, some better, some worse. As there is great diversity there in the Operation of *Plums*; for some that are sweet

Open the Belly
quench Thirst
and bind the
Belly, procure
Appetite; allay
Choler, cool
the Stomach,
Rheum, Stone,
Tetters and
Ring-worms,
Piles, Ulcers,
Hoarseness and
Pains in the
Ears, Stone
and Colick

mach and make the Belly soluble; those that a Thirst more, and bind the Belly; the moist and soonest corrupt in the Stomach, but the firm do nourish more and offend less: The dried Fruit sold by the Grocers under the Name of *Damask Prunes*, do somewhat loosen the Belly and being stewed, are often used both in health and Sicknes to relish the Mouth and Stomach, to procure Appetite, and little to open the Body, allay Choler, and cool the Stomach. *Plum-Tree-Leaves* boyled in Wine, are good to Wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, Almonds of the Ears. The Gum of the Trees is good to break the Stone. The Gum or Leaves boyled in Vinegar and applied, kill Tetters and Ring-worms. *Martinus* saith, The Oyl pressed out of the Kernels of the Stone as Oyl of Almonds is made, is good against the inflamed Piles, the Tumors, or swelling of Ulcers, hoarseness of the Voice, roughness of the Tongue and Throat, and likewise the pain in the Ears. And that five ounces of the said Oyl taken with one ounce of Muskadel, driveth forth the Stone, and helpeth the Colick.

Polipody of the Oak.

Descript.] **T**His is a small Herb, consisting of nothing but Roots and Leaves bearing neither Stalk, Flower, nor Seed, as it is thought, hath three or four Leaves rising from the Root, every one single by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle Rib, standing on each side of the Stalk, large below, and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath, of a sad green colour. and smooth in the upper side, but on the under-side somewhat rough, by reason of some yellowish spots set thereon. The Root is smaller than ones little finger lying aslope, or creeping along under the upper crust of the Earth, brownish on the out side and greenish within, of a sweetish harshness in taste, set with certain round Knags on each side thereof having also much Mossiness or yellow hairiness upon it and some Fibres underneath it, whereby it is nourished.

Time

Place.] It groweth as well upon old rotten Stumps, or Trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as also in Mossie, Stony and Gravelly places, near unto Woods: That which grows upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

Time.] It being always green may be gathered for use at any time.

Government and Vertues.] And why, I pray, must Polipodium of the Oak only be used? Gentle Colledge of Physitians can you give me but a glimpse of reason for it? Is it only because it is dearest? Will you never leave your Covetousness till your Lives leave you? The Truth is, That which grows upon the Earth is best ('tis an Herb of Saturn, and he seldom climbeth Trees) to purge Melancholy; if the Humour be otherwise, choose you Polipodium accordingly. Mesue (who is called the Physitians Evangelist for the certainty of his Medicines, and the truth of his opinion) saith, That it dryeth up thin Humours, digesteth thick and tough and purgeth burnt Chol-r, and especially tough and thick Flegm and thin Flegm also, even from the Joynts; and is therefore good for those that are troubled with Melancholy, or Quartan Agues, especially if it be taken in Whey, or Honeyed-water, or in Barley-water, or the Broth of a Chicken with Epithimum, or with Beets or Mallows. It is good for the hardness of the Spleen, and for Prickings or Stiches in the Sides, as also for the Cholick; some use to put to it some Fennel-seeds or Annis-seeds, or Ginger to correct that loathing it bringeth to the Stomach, which is more than needeth; It being a safe and gentle Medicine fit for all persons at all seasons, which daily experience confirmeth; and an ounce of it may be given at a time in a Decoction, if there be not Sena, or some other strong purger put with it. A dram or two of the Powder of the dried Roots, taken fasting in a Cup of Honeyed-water, worketh gently, and for the purposes afore said. The distilled Water both of Roots and Leaves is much commended for the Quartan Ague, to be taken for many days together, as also against Melancholy, or fearful or troublesome Sleeps or Dreams; and with some Sugar-Candy dissolved therein, is good against the Cough, shortness of Breath and Wheesings, and those distillations of thin Rheum upon the Lungs; which cause Ptsicks, and oftentimes Consumptions. The fresh Roots beaten small or the Powder of the dried Roots mixed with Honey, and applyed to the Member that is out of Joynt, doth much help it: Applyed also to the Nose, cureth the Disease called Polypus, which is a piece of Flesh growing therein, which in time stoppeth the Passage of Breath through that Nostril; and it helpeth those Clefts or Chops that come between the Fingers or Toes.

Drieth Humours, Purgeth burnt Chol-r, Flegm, Melancholy, Quartan Agues, Spleen, Collick, Troublesome Sleep, Cough, Shortness of Breath, Wheesings, Lungs, Ptsicks, Member out of Joynt, Polypus, or Diseases in the Nose, Chops in the Fingers or Toes.

The Poplar-Tree.

Here are two sorts of *Poplars*, which are most familiar with us, viz. The *Black* and *White*, both which I shall here describe unto you.

[Script.] The *White Poplar* groweth great and reasonable high, covered with smooth, white Bark, especially the Branches, having large Leaves cut into divisions almost like a *Vine Leaf*, but not of so deep a green on the *Top*, very white underneath, of a reasonable good scent, The whole for the *Use* of *Colts foot*. The *Catkins* which cometh forth before the *Leaves* are of a faint reddish colour, which fall away, bearing seldom good *Seed*. The *Wood* hereof is smooth, soft and white, very finely weaved, whereby much

The *Black Poplar* groweth higher and straighter then the *White*, with a grayish Bark, bearing broad and green Leaves somewhat like *Ivy-leaves*, not cut in on the *Edges* like the *White*, but whole and dented, ending in a point, and not white underneath, hanging by slender long Foot-stalks, which with the *Air* are continually shaken like as the *Aspen-leaves* are: The *Catkins* hereof are greater than those of the *White*, composed of many round, green Berries as if they were set together in a long cluster, containing much downy matter, which being ripe, is blown away with the *Wind*: The clammy Buds hereof before they spread into Leaves, are gathered, to make the *Unguentum Populeon*, and are of a yellowish green colour and small somewhat sweet, but strong. The *Wood* is smooth, tough and white, and easie to be cloven on both these Trees groweth a sweet kind of *Musk*, which in former times was used to be put into sweet Oynments.

[Place.] They grow in moist Woods, and by Water-sides in sundry places of this Land, yet the white is not so frequent as the other.

[Time.] Their time is likewise expressed before: The *Catkins* coming forth before the Leaves in the end of Summer.

[Government and Vertues.] *Saturn* hath Dominion over both. The *White Poplar* saith *Galen*, is of a cleansing property: The weight of one ounce in powder of the Bark thereof being drunk, saith *Dioscorides*, is a remedy for those that are troubled with the *Scitica*, or the *Strangury*: the Juice of the Leaves dropped warm into the Ears, easeth pains in them: The young clammy Buds or Eyes before they break out into Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull sight. The *Black Poplar* is held to be more cooling then the *White*, and therefore the Leaves bruised with Vinegar and applied, help the *Gout*: The Seed drunk in Vinegar is held good against the *Falling-sickness*. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Pustles, Wheals and other the like Blemishes out in the Body. The young *Black Poplar* Buds, saith *Machiusus*, are much used by Women to beautifie their Hair, bruising them

Scitica, *Strangury*, Pain in the Ears, dull Sight, Gout, Falling-sickness, Warts, Pustles and Wheals heat and inflammation, dryeth *Worms* Milk,

them with fresh Butter, and straining them after they have been kept for some time in the Sun: The Oyntment called *Populeon*, which is much of the Poplar, is singular for all Heat and Inflammation in many part of the Body, and tempereth the Heat of Wounds: it is much used to dry up the Milk in Womens Breasts, when they have weaned their Children.

Poppy

Of this I shall describe three kinds; viz. The White and Black of the Garden, and the Erratick, Wild-Poppy or Corn-Rose.

De Description The *White Poppy* hath at first four or five whitish green Leaves lying up the Ground, which rise with the Stalk, compassing it at the bottom of them and are very large, much cut or torn in on the edges and dented also besides: The Stalks which is usually four or five foot high, hath some times no Branches at the top, and usually but two or three at most, bearing every one but one Head, wrapped in a thin Skie, which boweth down before it be ready to blow, and then rising and being broken, the flower within it spreading it self open, and consisteth of four very large, white, round Leaves with many whitish round Threds in the middle, set about a small, round green Head, having a Crown or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contained a great number of small round Seeds in several partitions or divisions next unto the Shell, the middle thereof remaining hollow and empty. All the whole Plant, both Leaves, Stalks and Heads, while they are fresh, young and green, yeild a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heavy smell, which being condensate, is called *Opium*. The Root is white and woody, perishing as soon as it hath given ripe Seed.

The *Black Poppy* little differeth from the former, untill it beareth his Flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the Leaf. The Head of the Seed is much less than the former, and openeth it self a little round about the top, under the Crown, so that the Seed which is very black, will fall out if one turn the Head thereof downward.

The *Wild Poppy* or *Corn Rose*, hath long and narrow Leaves, very much cut in on the edges into many divisions, of a light green Colour, and some time hairy withal: The Stalk is blackish and hairy also, but not so tall as the Garden kind, having some such like Leaves thereon as grow below, parted into three or four Branches sometimes, whereon grow small hairy Heads bowing down before the Skin break, wherein the Flower is enclosed, which when it is full blown open, is of a fair yellowish red, or in crimson colour, and in some much paler, without any spot in the bottom of the Leaves having many black, soft Threds in the middle compassing a small green Head, which when it is ripe, is not bigger than ones little fingers end, wherein is contained much black Seed, smaller by half then that of the Garden: The Root perisheth every year, & springeth again of its own sowing. Of this kind, there is one lesser in the parts thereof, and differeth in nothing else.

Place.] The Garden kinds do not naturally grow wild in any place, but are all sown in Gardens where they grow.

The *Wild poppy*, or *Corn-rose* is plentiful enough, and many times too much in the Corn-fields of all Counties through this Land, and also upon Ditch-banks, and by Hedge-sides. The smaller wild kind is also found in Corn-fields, and also in some other places, but not so plentifully as the former.

Time.] The Garden kinds are usually sown in the Spring, which then flower about the end of *May*, and somewhat earlier, if they spring of their own sowing.

The wild kinds flower usually from *May* untill *July*, and the Seed of them is ripe soon after the flowering.

Government and Vertues.] The Herb is *Lunar*, and of the Juice of it is made *Opium*, only for lucre of Money they cheat you, and tell you 'tis a kind

Procure
Sleep, Ca-
tarrhs and
D fluxions
of Rheum,
St. yeth
Hoarsnes,
Flux of the
Belly and
Womens
Courses,
Inflamma-
tion and St.
Anth. fire,
Pains in
the Head
Frensie,
Tooth-ach

of *Tear*, or some such like thing that drops from Poppies when they weep, and that is some where beyond the Seas, I know not where beyond the Moon. The Garden-Poppy-heads, with Seeds made into a Syrup, is frequently, and to good effect used to procure rest and sleep in the sick and weak, and to stay Catarrhs and Defluxions of hot thin Rheums from the Head into the Stomach, and upon the Lungs, causing a continual Cough, and fore-runner of a Consumption: It helpeth also Hoarsness of the Throat, and when one hath lost their Voice, which the Oyl of the Seeds doth likewise. The black Seed boiled in Wine and drunk, is said also to stay the Flux of the Belly, and Womens Courses. The empty Shells of the Poppy-heads are usually boiled in Water, and given to procure rest and sleep; so do the Leaves in the same manner, as also if the Head and Temples be bathed with the Decoction warm, or with the oyl of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar or made into a Pultise with Barly-meal, or Hogs-grease, it cooleth and tempereth all Inflammation, as also the Disease called *St. Anthony's-fire*. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure rest and sleep,

and to ease Pains in the Head as well as in other parts. It is also used to cool Inflammations, Agues or Frensies, and to stay Defluxions which cause a Cough or Consumption, and all other Fluxes of the Belly, or Womens Courses: It is also put into hollow Teeth to ease the Pain, and hath been found by experience to ease the Pain of the Gout.

The *Wild Poppy*, or *Corn-Rose*, (as *Masbiolus* saith) is good to prevent the Falling-sickness. The Syrup made with the Flower, is with good effect given to those that have the Pleurisie: and the dried Flowers also, either boyled in Water, or made into Powder and drunk, either in the distilled Water of them, or in some other Drink, worketh the like effect. The distilled Water of the Flowers, and c.s. is held to be of much good use against surfeits, being drunk evening

evening and morning: It is also more cooling than any of the *Inflamati-*
other Poppies, and therefore cannot but be as effectual in hot *ons*
Agues, Frenfies and other Inflammations either inward or outward
the Syrup or Water to be used therein, or the green Leaves used upwardly
either in an Oyntment, as it is in *Populeon*, a cooling Oyntment, or any other
waies applied. *Galen* saith, The Seed is dangerous to be used inwardly.

Purflane.

GArde. Purflane (being used as a Salad Herb) is so well known, that it
needeth no Description; I shall therefore only speak of its Vertues as
followeth:

Government and Vertues.] 'Tis an Herb of the *Moon*. It is good to cool
any heat in the Liver, Blood, Reins and Stomach, and in hot Agues, no-
thing better: It stayeth hot and cholerick Fluxes of the
Belly, Womens Courses, the Whites and Gonorrhoea, or *Coolerth Heat of*
running of the Reins, the Distillation from the Head and *Blood in hot A-*
Pains therein proceeding of Heat, want of Sleep, or the *gues Cholerick*
Frensie. The Seed is more effectual than the Herb and is *Flux's, Womens*
of singular good use to cool the heat and sharpness of the *Courses, the*
Urine, and the outrageous Lust of the Body, *Venerous Whites and Go-*
Dreams, and the like, insomuch that the over frequent use *norrhoea, Distil-*
hereof, extinguisheth the Heat and Vertue of Natural Pro- *lations, Frensie,*
creation. The Seed bruised and boiled in Wine, and given *Heat of urine,*
to Children, expelleth the Worms. The Juyc of the Herb *Exst and v ne-*
is held as effectual to all the purposes aforesaid, as also to *reous Dreams*
stay Vomiting, and taken with some Sugar or Honey, helpeth *Worms, Vomi-*
an old and dry Cough shortness of Breath, and the Phti- *ting, old, dry*
tick, and stayeth immoderate Thirst. The distilled Water *Cough, short*
of the Herb is used by many (as the more pleasing) with a *Breath and Phri-*
little Sugar to work the same effects. The Juyc also is *sick, ulcers in*
singular good in the Inflammations and Ulcers in the Secret *the Secret Paras,*
Parts in Man or Woman, as also the Bowels and Hemor- *Redness of the*
rhoids, when they are Ulcerous, or Excoriations in them: *Eyes, and Infl-*
The Herb bruised and applied to the Fore-head and Tem- *mations, Crick,*
ples, allayes excessive Heat therein, hindring Rest and *or Pain in the*
Sleep; and applied to the Eyes, taketh away the redness, and *Neck, Blasings*
inflammation in them, and those other parts where Pulses, *by Lightning.*
Wheals, Pimples, St. *Anthony's* fire and the like, break *Burning by Gun-*
forth, especially if a little Vinegar be put to it: And being *powder, sore*
laid to the Neck with as much of Galls and Linseed toge- *Breasts, Chil-*
ther, taketh away the Pains therein and the Crick in the *drens Navels,*
Neck. The Juyc is used with Oyl of Roses for the said *sore Meusb, and*
Causes, or for Blasting by Lightning, and Burnings by *swollen Guns,*
Gun-powder, or for Womens sore Breasts, and to allay the *fasteth Teeth,*
Heat in all other Sores or Hurts: Applied to the Na- *Tooth-ach, bloody,*

Urine, Gout
Cramp, and
stiffness of the
Sinews

vels of Children that sick forth, it helpeth them: It is also good for sore Mouths and Gums that are swollen, to fasten loose Teeth. *Camerarius* saith, That the distilled Water used by some, took away the Pain of their Teeth, when all other Remedies failed, and that the thickned Juyce made in Pills with the Powder of Gum Tragacanth and Arabick, being taken, prevaileth much to help those that make a bloody Water. Applied to the Gout it easeth pains thereof, and helpeth the hardness of the Sinews, if it come not of the Cramp, or a cold cause.

Prim-Roses.

They are so well known, that they need no Description. Of the Leaves of Prim-Roses is made as fine a Salve to heal Wounds as any is that I know: You shall be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbours go with wounded Limbs, when a Half penny cost will heal them.

Privet.

Descript.] Our common Privet is carried up with many slender Branches to a reasonable height and breadth to cover Arbors, Bowers and Banqueting-Houses, and brought, wrought, and cut into many Forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of itself: It beareth long and narrow green Leaves by couples, and sweet smelling white Flowers in Tufts at the ends of the Branches, which turn into small black Berries that have a purplish Juyce within them. and some Seeds that are flat on the one side, with a hole or dent therein.

Place.] It groweth in this Land in divers Woods.

Time.] Our Privet flowreth in June and July; the Berries are ripe in August and September.

Government and Vertues.] The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores and sore Mouths, and to cool Inflammations, and dry up Fluxes. Yet *Mathielus* saith, It serveth to all the uses for the which *Cypres* or the East Privet is appointed by *Dioscorides* and *Galen*. He further said, That the Oyl that is made Of the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach coming of an hot Cause, There is a sweet Water also distilled from the Flowers that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody-Fluxes, and Womens Courses being either drunk or applied, as also for those that void Blood at their Mouth, or any other place; and for Distillations of Rheum in the Eyes, especially if it be used with *Tuiz*.

Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

Descript.] The Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the Joynts thereof large winged Leaves, standing one above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle Rib, being hard, rough or rugged, crumpled much like unto Elm-Leaves having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper-side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf bereof put into a Cup of Claret-Wine, giveth also a fine reddish taint: At the tops of the Stalks and Branches stand many Tufts of small white Flowers, thrust thick together, which smell much sweeter than the Leaves: and in their places being fallen, come crooked and cornered Seed. The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers great Strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the Flowers and Leaves, and perisheth not, but abideth many years, shooting forth anew every Spring.

Place.] It groweth in moist Meadows, that lye much wet, or near the Courses of Water.

Time.] It flowreth in some place or other all the three Summer Months, that is, June, July and August, and the Seed is ripe quickly after.

Governement and Vertues.] Venus, claims Dominion over the Herb. It is used to stay all manner of Bleedings, Fluxes, Vomiting, and Womens Courses, as also their Whites: It is said to bleed, Flux, alter and take away the Fits of Quartan Agues, and to make Womens Courses a merry heart, for which purpose some use the Flowers and some the leaves. It helpeth speedily those that are troubled with the Cholick, being boiled in Wine; and with Quartan Ague, a little Honey taken warm, it openeth the Belly: But boiled in red Wine and drunk, it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Can- Ulcers, healeth krous or eaten, or hollow and fistulous, for which it is by sore Mouths or many much commended, as also for the Sores in the Mouth, Secrets raise or Secret Parts. The Leaves, when they are full grown being laid upon the Skin will in a short time raise Blisters in the thereon, as Tragus saith. The Water thereof helpeth the Eyes. Heat and Inflammation in the Eyes.

The Quince-Tree.

Descript.] The ordinary Quince-Tree groweth often to the height and bigness of a reasonable Apple-Tree, but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far broad. The Leaves are somewhat like those of the Apple-Tree, thicker, broader, and fuller of Veins, and white on the under-side, not dented at all about the edges

edges. The Flowers are large and white, sometimes dash'd over with a bluish. The Fruit that followeth is yellow, being near ripe, and covered with a white Freez or Cotton, thick set on the younger, and growing less as they grow to be through ripe, bunched out often-times in some places, some being like an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of a unpleasant taste to eat fresh; but being scalded, roasted, baked or preserved, becometh more pleasant.

Place and Time.] It best likes to grow near Ponds and Water-sides, and is frequent through this Land; and flowreth not until the Leaves be come forth. The Fruit is ripe in September or October.

Government and Vertues.] Old Saturn owns the Tree. Quinces when they are green, help all sorts of Fluxes in Man or Woman, and *Fluxes*, Cholerick Laes, Castings, and whatever needeth astringent more *Lask, &c.* then any way prepared by Fire: yet the Syrup of the Juyce, *provokes* or the Conserve are much conducive, much of the binding *Appetite*, quality being consumed by the Fire: If a little Vinegar be *stayes Vomiting*, added, it Rurth up the languishing Appetite, and the Stomach given to Casting: some Spices being added, it comforteth and *Fainting* strengtheneth the decayed and fainting Spirits, and helpeth the *Spirits*, Liver oppressed, that it cannot perfect the Digestion; and correcteth Choler and Flegm: if you would have them purging, *Choler*, put Honey to them instead of Sugar; and if more Laxative, for *Flegm*, Choler, Rhubarb; for Flegm, Turbith; for watry Humors *Poyson*, Scamony: but if more forceably to bind, use the unripe Quinces, *Womens* with Roses, and Acacia, Hypocistis, and some torried Rhubarb. To *Breasts*, take the crude Juyce of Quinces, is held a preservative against *Plague*, the force of deadly Poyson; for it hath been found most certain *Sores*, true, That the very smell of a Quince hath taken away all the *Preserveth* strength of the Poyson of White Hellebore. If there be need of *Hair*, any outward binding and cooling of any hot Fluxer, the Oyl of Quinces, or other Medicines that may be made thereof, are very available to

adoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the Sinews that are loosned by sharp Humors falling on them, and restraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces, and boiled in a little Water, is very good to cool the heat, and heal the sore Breasts of Women. The same with a little Sugar is good to lenifie the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boiled and applied to Plaguesores, healeth them up; and hid as a Plaister made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling, if it be ready to shed.

Rhadish, and Horse Rhadish.

The Garden Rhadish is so well known that it needeth no Description.

Description.] The Horse-Rhadish hath his first Leaves that rise before Winter, about a foot and a half long, very much cut in or torn on the edges into

many

many parts of a dark green colour, with a great Rib in the middle, after these have been up a while, others follow which are greater, rougher, broader and longer, whole and not divided as the first, but only somewhat roundly dented about the edges: The Stalk when it beareth Flowers (which is but seldom) is great, rising up with some few lesser Leaves thereon to three or four foot high, spreading at the top many small Branches of whitish Flowers, made of four Leaves apiece; after which come small Pods like those of Shepherds-purse, but seldom with any Seed in them. The Root is great, long, white and rugged shooting up divers Heads of Leaves, which may be parted for increase, but it doth not creep within Ground, nor run above Ground, and is of a strong, sharp and bitter taste, almost like Mustard.

Place.] It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in moist and shadowy places.

Time.] It flowereth but seldom, but when it doth, it is in July.

Goverment and Vertues.] They are both under Mars, the Juyc of Horse Rhadilth given to drink is held to be very effectual for the Scurvey. It killeth the Worms in Children being drunk, and also laid upon the Belly. The Root bruised and laid to the place grieved with the Sciatica, Joynt-ach, or the hard Swellings of the Liver and Spleen, doth wonderfully help them all. The distilled Water of the Herb and Roots, is more familiar to be taken with a little Sugar for all the purposes aforesaid.

Garden Rhadilthes are in wantopets by the Gentry eaten as Salad, but they breed but Scurvey Humours in the Stomack, and corrupt the Blood and then send for a Physitian as fast as you can; this is one cause makes the owners of such nice Palats so unhealthful, yet for such as are troubled with the Gravel, Stone or Stoppage of Urine, they are good Physick if the body be strong that takes them: You may make the Juyc of the Roots into a Syrup if you please for that use: They purge by Urine exceedingly.

Rag-wort.

[It is called also St. James-wort, Stagger-wort and Stammer-wort, and Seg-grum.

Descript.] The greater common Ragwort hath many large, and long, dark, green Leaves lying on the Ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish Stalks three or four foot high, sometimes branched, bearing divers such like Leaves upon them at several distances unto the top, where it brancheth forth into many Stalks bearing yellow Flowers, consisting of divers Leaves set as a Pale or Border, with a dark yellow Thrum in the middle, which do abide a great while, but at last are turned into down, and with the small blackish gray Seed are carried away with the Wind. The Root is made of many Fibres, whereby it is firmly fastned into the Ground, and abideth many years.

There is another sort hereof different from the former one in this, That

it riseth not high; the Leaves are not so finely jagged, or not of so dark green colour, but rather somewhat whitish, soft and woolly, and the Flowers usually paler.

Place.] They grow both of them wild in Pastures, and untilled Grounds in many places, and oftentimes both in one Field.

Time.] They flower in *June* and *July*, and the Seed is ripe in *August*.

Government and Vertues.] *Ragwort* is under the command of Dame *Venus* and cleanseth, digesteth and discusseth. The Decoction of the Herbs good to wash the Mouth or Throat that hath Ulcers or Sores therein; and for Swelling, Hardness or Imposthumes, for it thoroughly cleanseth and healeth them; as also the Quinsie, and the Kings-Evil: It helpeth to stay Catarrhs, thin Rheums, and Desfluxions from the Head into the Eyes, Nose or Lungs. The Juice is found by experience to be singular good to heal green Wounds, and to cleanse and heal all old and filthy Ulcers, in the Privities, and in other parts of the Body; as also inward Wounds and Ulcers, stayeth the malignity of fretting and running Cankers, and hollow Fistulae, not suffering them to spread further. It is also much commended to help Aches and Pains either in the fleshy part, or in the Nerves and Sinews, as also the Sciatica, or Pain of the Hip or Huckle-bone, to bathe the places with the Decoction of the Herb, or to annoint them with an Oyntment made of the Herb, bruised or boyled in old Hoggs-suet with some Mastic and Olibanum in Powder added unto it after it is strained forth. In *Stafford* we call it *Ragweed*.

Rattle-grafs.

OF this there are two kinds which I speak of viz. The Red and Yellow.

Descripr.] The common *Red Rattle* hath sundry reddish hollow Stalks, and sometimes green, rising from the Root, lying for the most part on the Ground, some growing more upright, with many small reddish or greenish Leaves set on both sides of a middle Rib finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping Hoods; after which come flat blackish Seed in small Husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish Strings with some Fibres thereof.

The common *Yellow Rattle* hath seldom above one round green Stalk, rising from the Root, above half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a Joynt, deeply cut on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Flowers grow at the tops of the Stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour, or in some paler

and in some more white. The Seed is contained in large Husks, and being ripe will rattle, or make a noise with lying loose in them. The Root is small and slender, perishing every year,
[Place.] They are in our Meadows and Woods, generally through this Land.

[Time.] They are in flower from Mid-summer untill August be past sometimes.

[Government and Vertues.] They are both of them under the Dominion of the Moon. The Red Rattle is accounted profitable to heal up Fistulaes, and hollow Ulcers, and to stay the Flux of Humors to them, as also the abundance of Women's Courses, or any other Flux of Blood, being boiled in red Wine and drunk.

The Yellow Rattle, or Cocks-Comb is held to be good for those that are troubled with a Cough, or dimness of Sight, if the Herb being boyled with Beans, and some Honey put thereto be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any Skin, Dimness or Film from the Sight without trouble or pain.

Rest-Harrow, or Cammoak:

[Descript.] Common Rest-Harrow riseth up with divers rough woody Twigs half a yerd. or a yard high set at the Joynts without order, with little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without Thorns while they are young, but afterwards armed in sundry places with short and sharp Thorns. The Flowers come forth at the tops of the Twigs and Branches, whereof it is full, fashioned like Pease, or Broom-El flowers but lesser, flatter and somewhat close, of a faint purplish colour; after which come small Pods, containing small, flat and round Seed: The Root is blackish on the out-side, and whitish within, very rough and hard to break when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the Ground, and spreading likewise, every piece being apt to grow again if it be left in the Ground.

[Place.] It groweth in many places of this Land, as well in the Arable as waste Ground.

[Time.] It flowereth about the beginning or middle of July, and the Seed ripe in August.

[Government and Vertues.] It is under the Dominion of Mars. It is singular good to provoke Urine when it is stopped, and to break and drive forth the Stone, which the Powder of the Bark of the Urine Root taking in wine performeth effectually. Matbiolus saith stopped, The same helpeth the Disease called *Hernia Carnosa*, the fleshy Stone, Rupture by taken the said Powder for some Moneths together constantly, and that it hath cured some which seemed incurable by any other means than by cutting or burning. The Decocti-
on thereof made with some Vinegar, and gargled in the Mouth Liver and easeth

Spleen ob- easeth the Tooth-ach, especially when it comes of Rheum; and
structed the said Decoction is very powerful to open Obstructions of the
Ulcers. Liver and Spleen, and other parts. A distilled Water made in

Balneo Maria with four pound of the Root hereof first sliced small and afterward steeped in a Gallon of Ganarv Wine, is singular good for all the purposes aforesaid, and to cleanse the Passages of the Urine. The Powder of the said Root made into an Electuary, or Lozenges with Sugar; as also the Bark of the fresh Roots boyled tender, and afterward beaten into a Conserve with Sugar worketh the like effect. The Powder of the Roots strewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

Rocket.

IN regard the Garden Rocket is rather used as a Salad Herb than to any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The Description whereof take as followeth:

Description.] The common wild Rocket hath longer and narrower Leaves much more divided into slender cuts and jags on both sides of the middle Rib than the Garden kinds have, of a sad over-worn green colour, from among which rise up divers Stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards, branched from the middle into divers stiff Stalks; bearing sundry yellow Flowers on them made of four Leaves apiece, as the others are, which afterwards yield them small reddish Seed, in small long Pods, of a more bitter and hot biting taste than the Garden kinds, as the Leaves are also.

Place.] It is found wild in divers places of this Land.

Time.] It flowereth about June or July, and the Seed is ripe in August.

Goverment and Vertues.] The Wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the Head, causing Ach and Pain therein: and are no less hurtful to hot and Cholerick Persons, for fear of inflaming their Blood, and therefore for such we may say, a little doth but a little harm, for angry Mars rules them and he sometimes will be testy when

he meets with Fools. The wild Rocket is more strong and

Increase Sperm effectual to encrease Sperm and Venereous qualities, where-
and Venerie, helps unto all the Seeds is more effectual than the Garden kind:

Digestion pro- It serveth also to help Digestion, and provoketh Urine ex-
vokes Urine ceedingly. The Seed is used to Cure the Bittings of Ser-

Biting of Ser- pents, the Scorpion and the Shrew-Mouse, and other Poy-
pents, &c. sons, and expelleth Worms, and other noysome Creatures,

Cough in Chil- that breed in the Body. The Herb boyled or stewed, and
dren, encreaseth some Sugar put thereto, helpeth the Cough in Children,

Milk, cleanseth being taken often. The Seed also taken in drink, taketh
the Face, Scars, away the ill Scent of the Arm-pits, encreaseth Milk in Nur-

ses, and wasteth the Spleen. The Seed mixed with Ho-

ney

ney, and used on the Face, cleanseth the Skin from, Morpew and other
discolourings therein; and used with Vinegar, taketh away
Freckles and Redness in the Face or other parts, and with the Marks of
Gall of an Ox, it amendeth foul Scars, Black and Blew Spots, and Small Pox
the Marks of the Small Pox.

Winter Rocket, or Cressas

Descript.] Winter Rocket, or Winter Cresses, have divers somewhat large
sad green Leaves lying upon the Ground, torn or cut into di-
vers parts, somewhat like unto Rocket or Turnip leaves, with smaller pieces next
the bottom, and broad at the ends, which so abide all Winter (if it spring up in
Autumn, when it is used to be eaten) from among which riseth up divers small
round Stalks full of Branches, bearing many small yellow Flowers of four Leaves
a piece, after which come small Pods with reddish Seed in them. The Root is
somewhat stringy, and perisheth every year after the Seed is ripe.

Place.] It groweth of its own accord in Gardens and Fields by the Way-
sides in divers places, and particularly in the next Pasture to the Conduit-
head behind *Grays-Inn* that brings Water to Mr. *Lamb's* Conduit in *Holborn*.
Time.] It flowreth in *May*, and seedeth in *June*, and then perisheth.

Government and Vertues.] This is profitable to provoke Urine, and helpeth
the Strangury, and to expel Gravel and the Stone. It is also
of good effect in the Scurvy. It is found by experience to be Strangury, Gra-
a singular good Wound-herb, to cleanse inward Wounds: *vel* and Stone,
the Joyce or Decoction being drunk, or outwardly applied Scurvy, Wounds,
to wash foul Ulcers and Sores, cleansing them by sharpness, Ulcers and
and hindring or abating the dead Flesh from growing there- Sores.
in and healing them by the drying quality.

Roses.

Hold it altogether needless to trouble the Reader with a Description of
any of these, sith both the Garden Roses and the Wild-Roses of the Bry-
ars are well enough known; take therefore the Vertue of them as followeth:
And first I shall begin with the Garden kinds.

Government and Vertues.] What a Quarter have Authours made with
Roses? What a Racket have they kept? I shall add, red Roses are under
Jupiter, Damask under *Venus*, and white under the *Moon*, and *Provence* un-
der the King of *France*. The White and the Red Roses are cooling and
drying, and yet the White is taken to exceed the Red in both the proper-
ties, but is seldom used inwardly in any Medicine: The
bitterness in the Roses when they are fresh, especially the *Choler* and
Joyce purgeth *Choler*, and watry Humors: but being waterish Hu-
dried, and that heat which causeth the bitterness being con- mors, Head-
fumed, they have then a binding and astringent quality: *ach*, Pains in
Those also that are not full blown, do both cool and bind the Ears, Eyes,
more

Throat and Gums, Fundament, Bowels, and Matrix, St. Anthony's-fire, Stomach, Womens Courses, Defluxions, fast-neth Teeth, Lask and Spitting of Blood, Heat and Inflammations, Rest and Spleen, Whites and Reds in Women, Cholera and Flgm. Redness and Watering in the Eyes.

more than these that are full blown, and the white Rose more than the red. The Decodion of read Roses made with Wine and used, is very good for the Head-ach, and pains in the Eyes, Ears, Throat and Gums, as also for the Fundament, the lower parts of the Belly, and the Matrix, being bathed or put into them. The same Decodion with the Rose remaining in it, is profitably applied to the Region of the Heart to ease the Inflammation therein; as also St. *Anthony's* fire and other Diseases of the Stomach. Being dried and beaten to Powder, and taken in steeled Wine or water it helpeth to stay Womens Courses. The yellow threds in the middle of the red Roses (which are erroneously called the Rose-seed) being powdered, and drunk in the distilled Water of Quinces stayeth the over flowing of Womens Courses and doth powerfully stay the Defluxion of Rheum upon the Gums and Teeth, preserving them from corruption and fastning them if they be loose, being washed and gargled therewith and some Vinegar of Squills added thereto. The Heads with the Seed being used in Powder, or in a Decodion, stayeth the Lask and spitting of Blood. Red Roses do

strengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the Pains that arise from Heat, assuage Inflammations, procure Rest and Sleep, stay both Whites and Reds in Women, the Gonorrhoe: or running of the Reins, and the Fluxes of the Belly: the Juice of them doth purge and cleanse the Body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling and the distilled Water of either of them, is good for the Heat and Redness in the Eyes, and to stay and dry up the Rheums and Watering of them. Of the red Roses are usually made many Compositions, all serving to sundry good uses, viz. Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses, and Honey of Roses. The Cordial Powder called *Diarrhodon Abasis*, and *Aromaticum Rosarum*. The distilled Water of Roses, Vinegar of Roses, Oyntment and Oyl of Roses, and the Rose-Leaves dried, which although no Composition, yet of a very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume, of it self to speak fully of them. But briefly, The Electuary is purging whereof two or three drams taken by it self in some convenient Liquor,

A Purge for Choler, hot Fevers, Pains of the Head, Heat of the Eyes, Jaundice and Joynt aches. is a Purge sufficient for a weak Constitution: but may be encreased to six drams, according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Fevers, and Pains of the Head arising from hot Cholerick Humors, and Heat in the Eyes, the Jaundice also, and Joynt-aches proceeding of hot Humors. The moist Conserve is of much use, both binding and

binding

binding than Cordial, and after that, more cordial than binding. Some of the younger Conserve taken with *Mithridatum* mixed together, is good for those that are troubled with Diffillations of Rheum from the Brain to the Nose, and Defluxions of Rheum into the Eyes; as also for Fluxes and Lasks of the Belly; and being mixed with the Powder of Mastich, is very good for the running of the Reins, and for the looseness of Humors in the Body. The old Conserve mixed with *Aromaticum Rosatum*, is a very good Cordial against Faintings, Swoonings, Weakness and Tremblings of the Heart, strengthening both it and a weak Stomach, helpeth Digestion, stayeth Casting, and is a very good preservative in the time of Infection. The dry Conserve which is called Sugar of Roses, is a very good Cordial to strengthen the Heart and Spirits; as also to stay Defluxions. The Syrup of dried red Roses strengtheneth a Stomach given to Casting, cooleth an over-heated Liver, and the Blood in Agues, comforteth the Heart, and resisteth Putrifaction and Infection, and helpeth to stay Throats, &c. Lasks and Fluxes. Honey of Roses is much used in Garments and Lotions to wash Sores, either in the Mouth, Throat or other parts, both to cleanse and heal them; and to stay the Fluxes of Humors falling upon them. It is also used in Clysters both to cool and cleanse. The Cordial Powder, called *Diarrhodon Abasis* and *Aromatica Rosarum*, doth comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stay Vomiting; and are very good for those that have slippery Bowels to strengthen them, and to dry up their moisture. Red Rose-water is well known, and of a familiar use in all occasions (and better than Damask Rose-water) being cooling and cordial, refreshing, quickning the weak and faint Spirits, used either in Meats or Broths to wash the Temples, to smell to at the Nose, or to smell the sweet Vapors thereof out of a Perfuming-pot, or cast into a hot Fire-shovel. It is also of much good use against the redness and inflammations of the Eyes to bathe them therewith, and the Temples of the Head, also against Pain and Ach, for which purpose also Vinegar of Roses is of much good use and to procure rest and sleep, if some thereof and Rose-water together be used to smell unto, or the Nose and Temples moistened therewith, but more usually to moisten a piece of a Red Rose-Cake cut fit for the purpose, and heated between a double folded Cloath, with a little beaten Nutmeg, and Poppy-seed strewed on the side that must lie next to the Fore-head and Temples, and bound so thereto for all Night. The Ointment of Roses is much used against Heat and Inflammations in the Head, to anoint the Fore-head and Temples, and being mixed with *Unguentum Populeon*, to procure rest; as also it is used for the Heat of the Liver, of the Back and

Diffillations &
Defluxions of
Rheum, Fluxes
and Lasks, Run-
ning of his
Reins, Faint-
ings, Swoon-
ings and Trem-
bling of the
Heart, helpeth
Digestion, stay-
eth Casting, In-
fection, cooleth
the Liver and
Blood, resisteth
Putrifaction,
and Infection,
sore Mouths,
stay Throats, &c.
Comfort the
Heart and Sto-
mach, stay Vo-
miting, faint
Spirits, Redness
of the Eyes.
Heat of the Li-
ver, Back and
Reins, Pusles,
Heals & Pain
and

ples, Fluxes of
Humors,

or Inflammations,

used both inwardly and outwardly,

Weak Stomach.

applied outwardly to the Stomach,

then a weak Stomack;

Purgeth Cholera,

Bind the Belly,

Melancholick

Humours, Le-

prossie, Itch, Tet-

ters, French-

Pox.

and the French

Infusions that

Open the Belly.

and preserved

the Belly.

The simple

en things,

Bind the

Belly, and

stay De-

fluxions,

Whites in

Women,

Stone,

provokes

and Reins; and to cool and heal Pusshes, Wheals, and other red Pimples rising in the Face or other parts. Oyl of

Roses, is not only used by it self to cool any hot Swelling

also put into Oyatments and Plaisters that are cooling and binding, and restraining the Flux of Humors. The dried Leaves of the red Roses, are

used both inwardly and outwardly, both cooling and binding and cordial, for

with them are made both *Aromaticum Rosarum*, *Diarrhodon*

Abbatis, and *Saccarum Rosarum*, each of whose Properties

are before declared. Rose Leaves and Mints heated and

cause Rest and Sleep. The Syrup of Damask Roses, is both

Simple and Compound, and made with Agarick. The simple

solute Syrup, is a familiar, safe, gentle and easie Medicine

purging Cholera, taken from one ounce to three or

four; yet this is remarkable herein, that the distilled Water

of this Syrup should notably bind the Belly; The Syrup

with Agarick is more strong and effectual, for one ounce

thereof by it self will open the Body more than the other

and worketh as much an Flegm as Cholera. The Compound

Syrup is more forcible in working in Melancholick

Humors, and available against the Leprosie Itch, Tetters, &c

and the French disease: also Honey of Roses solutive is made of the same

Infusions that the Syrup is made of, and therefore worketh the same effect

both opening and purging, but is oftener given to Flegmatick

than Choleric persons, and is more used in Clusters than

in Potions, as the Syrup made with Sugar is. The Conserve

and preserved Leaves of these Roses are also operative, in gently opening

the Belly.

The simple Water of the Damask Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality; the wild Roses also are few or none of them used in Physick, but are generally held to come near the Nature of the manured Roses. The Fruit of the wild Brier, which are called Hops, being

awake Urine when it is stopped, and to ease and help the Cholick, Urine, some appoint it to be burnt, and then taken for the same purpose. Cholick, In the middle of the Balls are often found certain white VVorms, Worms. which being dried & made into Powder, & some of it drunk, is found by Experience of many to kill & drive forth the VVorms of the Belly

Rosa Solis, or Sun-dew.

Descript.] **I**T hath divers small, round, hollow Leaves, somewhat greenish, but full of certain red Hairs, which make them seem red, every one standing upon his own Foot-stalks, reddish, hairy likewise. The Leaves are continually moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say) the small Hairs always holding this moisture. Among these Leaves rise up small slender Stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the Flowers; after which, in the Heads are contained small Seeds. The Root is a few small Hairs.

Place.] It groweth usually in Bogs and in wet places, and sometimes in moist VVoods.

Time.] It flowreth in June, and then the Leaves are fittest to be gathered.

Government and Vertues.] The Sun rules it, and 'tis under the Sign Cancer, Rosa Solis is accounted good to help those that have a salt Rheum distilling on the Lungs which breedeth a Consumption, and therefore the distilled VVater thereof in VVine, is held fit and profitable for such to drink, which VVater will be of a gold yellow colour. The same water is held to be good for all other Diseases of the Lungs, as Phti- Distillations of sicks, VVheezings, shortness of Breath, or the Cough; as also Rheum, Pthi- to heal the Ulcers that happen in the Lungs. and it comfort-sick, VVheezings, eth the Heart and fainting Spirits. The Leaves outwardly Shortness of applied to the Skin, will raise Blisters, which hath caused Breath, Cough, some to think it dangerous to be taken inwardly: but there Ulcers in the are other things which will also draw Blisters, yet nothing Lungs, comfort dangerous to be taken inwardly, There is an usual Drink the Heart, raises made thereof with Aqua Vita and Spices frequently, and Blisters, Passions without any offence or danger, but to good purpose u- of the Heart. fed in Qualms and Passions of the Heart.

Rosemary.

OUr Garden Rosemary is so well known, that I need not describe it Time.] It flowreth in April and May with us, sometimes again in August.

Government and Vertues.] The Sun claims priviledge in it, and 'tis under the Caelestial Ram. It is an herb of as great use with us in these dayes as any whatsoever, not only for Physical, but civil purposes. The Physical

Use of it (being my present Task) is very much both for inward and outward Diseases; for by the warming and comforting heat thereof it helpeth all cold Diseases both of the Head, Stomach, Liver and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of Cold Diseases. Rheum into the Eyes, and all other cold Diseases of the Head and Brain, as the Giddiueis or Swimmings therein, Drowlines or Dulness of the Mind and Senses like a stupidity, dumb Palsie, and Falling Sickness, to be both drunk, and the Temples bathed therewith. It helpeth the Pains in the Gums and Teeth by Rheum falling into them, or by putrefaction, causing an evil smell from them, or a stinking Breath. It helpeth a weak memory, and quickneth the Senses. It is very comfortable to the Stomach in all the cold griefs thereof, helping both retention of Meat, and Digestion, the Decoction or Powder being taken in Wine. It is a Remedy for the windiness in the Stomach and Bowels, and expelleth it powerfully, as also Wind in the Spleen. It helpeth those that are Liver-grown by opening the Obstructions thereof. It helpeth dim Eyes and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering every Morning fasting with Bread and Salt. Both Dioscorides and Galen say, That if a Decoction be made thereof with water, and they that have the Yellow Jaundice do exercise their Bodies presently after the taking thereof, it will certainly Cure them. The Flowers and Conserve made of them, is singular good to comfort the Heart, and to expel the contagion of the Pestilence: to burn the Herb in Houses and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be dayly taken. The dried Leaves shred small, and taken in a Pipe as Tobacco is taken helpeth those that have any Cough or Phtisick, or Consumption, by warming and drying the thin Distillations which cause those Diseases. The Leaves are much used in bathings, and made into Oyntments, or Oyl, is singular good to help cold benumbed Joynts, Sinews or Member. The Chynifical Oyl drawn from the Leaves and Flowers is a Sovereign help for all Diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the Diseases of the Head and Brain spoken of before; as also to take one drop, two or three, as the Cause requieth, for the inward Griefs: yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Insolation in this manner, Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, tye a fine Linnen Cloth over the Mouth and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the lower Glass, to be preserved: precious for divers uses, both inward and outward.

ward as a Sovereign Balm to heal the Diseases before mentioned, to clear dim Sight, and take away Spots, Marks, and Scars in the Skin.

Rhubarb, or Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our *English Simples*? For though the Name may speak it Forrain, yet it grows with us in *England*, and that frequent enough in our Gardens; and when you have thoroughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of *China*, and by that time this hath been as much used as that hath been, the Name which the other hath gotten will be eclipsed by the fame of this: take therefore a Description at large of it, as followeth:

Descript.] At the first appearing out of the Ground, when the winter is past, it hath a great round brownish Head, rising from the middle or sides of the Root, which openeth it self into sundry Leaves one after another, very much crumpled or folded together at the first, & brownish; but afterwards it spreadeth it self, & becometh smooth, very large and almost round, every one standing on a brownish Stalk of the thicknes of a Mans Thumb, when they are grown to their fulness, and most of them two foot and more in length, especially when they grow in any moist or good Ground: And the Stalk of the Leaf also from the bottom thereof to the Leaf it self, being also two foot: the breadth thereof from edge to edge in the broadest place, being also two foot; of a sad or dark green colour, of a fine tart or sourish taste, much more pleasant than the Garden or Wood-Sorrel. From among these riseth up some but not every year strong thick Stalks, not growing so high as the Patience, or Garden-Dock, with such round Leaves as grow below, but smaller at every Joynt up to the top, and among the Flowers which are white spreading forth into many Branches, and consisting of five or six small Leaves apiece, hardly to be discerned from the white threads in the middle, and seeming to be all threads, after which come brownish three square Seeds like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root groweth in time to be very great with divers and sundry great spreading Branches from it, of a dark brownish or reddish colour on the out-side, with a pale yellow Skin under it, which covereth the inner substance or Root, which Rind and Skin being pared away, the Root appears of so fresh and lively a colour, with fresh coloured Veins running through it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot excel it: which Root, if it be dried carefully, and as it ought (which must be in our Countrey by the gentle heat of a Fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of and commended by those who have oftentimes used them.

Place.] It groweth in Gardens, and flowreth about the beginning or middle of June, and the Seed is ripe in July.

Time.] The Roots that are to be dried and kept all the year following

are not to be taken up before the stalk and leaves be quite withered & gone, and that is not until the middle or end of *October*; and if they be taken a little before the Leaves do spring, or when they are sprung up, the Roots will not have half so good colour in them.

I have given the precedence unto this, because in Vertues also it hath the preheminance; I come now to describe unto you that which is called *Patience*, or *Monks Rhubarb*; and next unto that, the great round leav'd *Dock*, or *Bastard Rhubarb*; for the one of these may happily supply in the absence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And lastly, shall shew you the Vertues of all the three sorts.

Garden Patience, or Monks Rhubarb.

Descrip.] **T**His is a *Dock* bearing the Name of *Rhubarb*, for some purging quality therein, & groweth up with large tall Stalks, set with somewhat broad and long fair green Leaves, not dented at all. The tops of the Stalks being divided into many small Branches, bear reddish or purplish Flowers, and three square Seed like unto other Docks. The Root is long, great and yellow, like unto the wild Docks, but a little redder, and if it be a little dried, sheweth less store of discoloured Veins than the next doth when it is dry.

Great round leav'd Dock, or Bastard Rhubarb.

Descrip.] **T**His hath divers large, round, thin, yellowish green Leaves rising from the Root, a little waved about the edges, every one standing upon reasonable thick, & long brownish Foot-stalk, from among which riseth up a pretty big-stalk, about 2 foot high, with some such like Leaves growing thereon, but smaller. At the top whereof stand in a long spike many small brownish Flowers, which turn into a hard three-square shining brown Seed, like the Garden Patience before described. The Root groweth greater than that, with many branches of great Fibres thereat, yellow on the out-side, and somewhat pale, yellow within, with some discoloured Veins like to the *Rhubarb* which is first described; but much less than it, especially when it is dry.

Place and Time.] These also grow in Gardens, and flower and seed at or near the same time that our true *Rhubarb* doth, viz. they Flower in *June*, and the seed is ripe in *July*.

Government and Vertues.] *Mars* claims predominancy over all these wholsome Herbs: you cry out upon him for an Infortune, when God created him for your good (only he is angry with Fools.) What dishonour is this not to *Mars*, but to God himself? A dram of the dried Root of *Monks Rhubarb* with a scruple of *Ginger* made into Powder and

Purge Choler, taken fasting in a draught or mess of warm Broth, purgeth and *Flegm*, stay *Choler* and *Flegm* downwards very gently and safely *Lasks and Blos-* without danger. The seed thereof contrary doth bind the

Belly.

Belly, and helpeth to stay any sort of Lask or Bloody-flux. *dy Flux, Scabs*
 The Distilled Water thereof is very profitably used to heal *and Ulcerous*
 Scabs, as also foul Ulcerous Sores, and to allay the Inflam- *Sores, running*
 mation of them: The Juyce of the Leaves or Roots, or the *Sores.*
 Decoction of them in Vinegar, is used as a most effectual
 Remedy to heal Scabs and running Sores.

The Bastard Rubarb hath all the properties of the Monks Rhubarb, but
 more effectual for both inward and outward Diseases. The Decoction
 thereof with Vinegar dropped into the Ears, taketh away
 the Pains; gargled in the Mouth, taketh away the Tooth- *Pains of the*
 ach, and being drunk, healeth the Jaundice. The Seed *Ears, Tooth-ach*
 thereof taken, easeth the gnawing and griping Pains of the *Jaundice, Pain,*
 Stomach, and taketh away the loathing thereof unto Meat. *of the Stomach*
 The Root thereof helpeth the ruggedness of the Nails, and *and loathing o-*
 being boiled in Wine, helpeth the swelling of the Throat, *Meat, Kings E-*
 commonly called the Kings-Evil, as also the swellings of *vil Stone, Urine*
 the Kernels of the Ears. It helpeth them that are troubled *Dim Sight, Liv-*
 with the Stone: provoketh Uriue, and helpeth the dimness *and Blood.*
 of the Sight. The Roots of this Bastard Rubarb are used
 in opening and purging Diet Drinks with other things to open the Li-
 ver, and to cleanse and cool the Blood.

The properties of that which is called the English Rubarb, are the
 same with the former, but much more effectual, and hath all the properties of
 the true Indian Rubarbs, except the force in purging, wherein it is but of
 half the strength therefore, and thereof a double quantity must.

be used; it likewise hath not that bitterness and astringency; *Choler and*
 in other things it worketh almost in an equal quality, *Flegm, Obstru-*
 which are these; It purgeth the Body of Choller and *Stons, Jaun-*
 Flegm being either taken of it self, made into Powder and *dice, Dropfie,*
 drunk in a draught of white Wine, or steeped therein all *Spleen, Agues,*
 night, and taken fasting, or put among other Purges, as *Pains of the*
 shall be thought convenient, cleansing the Stomach, Liver, Sides, and Spit-
 and Blood, opening Obstructions, and helping these *ting of Blood.*
 Grievs that come thereof; as the Jaundice, Dropfie, swel- *Running of the*
 ling of the Spleen; Tertian and Day Agues, and pricking *Reins, Swellings.*
 Pains of the Sides, and also it stayeth spitting of Blood. *in the Head.*
 The Powder taken with *Cassia* dissolved, and a little washed *Sciatica, Gout,*
Venice Turpenisne, cleanseth the Reins, and strengthen- *Cramp, Clotted,*
 eth them afterwards, and is very effectual to stay the Blood, *Ulcers.*
 Running of the Reins or Gonorrhea. It is also given *in the Eyes, or*
 for the Pains and Swellings in the Head, for those that are *Eye-Lids Swell-*
 troubled, with Melancholy; and helpeth the Sciatica, the *ing, and Inflam-*
 Gout and the Cramp. The Powder of the Rhubarb taken *mations, Black*
 with a little *Mumma* and *Madder-Roots* in some red and blue *Spots*
 Wine, dissolveth clotted Blood in the Body, hapning by any *purge the Liver*
 Fall or Bruise, and healeth *Buratings* and broken parts, as *and Stomach,*
 well

well inward as outward: The Oyl likewise wherein it hath been boiled worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey, or boiled in VVine, it taketh away all black and blew spots or marks that happen therein; VVhey or white VVine, are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best Corrector thereof.

Meadow Rew.

Descrip.] **M**eadow Rew riseth up with a yellow stringy Root, much spreading in the Ground, shewing forth new Sprouts, round about with many herby green Stalks two foot high, crested all the length of them, set with Joynts here and there, and many large Leaves on them above as well as below, being divided into smaller Leaves, nickea or dented in the fore-part of them of a red green colour on the upper-side, and pale green underneath: Toward the top of the Stalk there shooteth forth divers short Branches; on every one whereof there stand 2, three, or four small Heads or Buttons, which breaking the Skin that incloseth them sheweth forth a tuft of pale greenish yellow threads, which falling away, there comes in their places small three cornered Cods, wherein is contained small, long and round Seed. The whole Plant hath a strong unpleasant scent.

Place.] It groweth in many places of this Land, in the borders of moist Meadows, and Ditch-sides.

Time.] It flowreth about July or the beginning of August.

Government and Vertues.] Dioscorides saith, That this Herb bruised and applied, perfectly healeth old Sores, and the distilled VVater of Old Sores, the Herb and Flowers doth the like. It is used by some among Opens the other Pot-herbs, to open the Body and make it soluble, but the Body, Roots washed clean, and boiled in Ale and drank, provoketh to Lice and the stool more than the Leaves, but yet very gently. The Root Vermin, boiled in VVater; and the places of the Body most troubled with Plague, Vermin and Lice washed therewith while it is warm, destroyeth Jaundice. them utterly. In Italy it is used against the Plague; and in Saxony against the Jaundice, as Camerarius saith.

Garden Rew.

Garden Rew is so well known both by this Name, and the Name Herb of Grace, that I shall not need to write any farther Description of it; but shall only shew you the Vertue of it, as followeth:

Government and Vertues.] It is an Herb of the Sun and under Leo. It provoketh Urine and VVomens Courses, being taken either in Womens Meat or Drink. The Seed thereof taken in VVine, is an Antidote against all dangerous Medicines or deadly Poysons. The Urine, Leaves taken either by themselves, or with Figs and VValnuts, is called

called *Mithridates* his Counter-poyson against the Plague, & *Poysons* causeth all Venemous things to become harmles: Being often Plague, taken in Meat and Drink it abateth Venery, and destroyeth Abate the ability to get Children. A Decoction made thereof with Venery. some dried Dill-Leaves and Flowers, easeth all pains and tor- Pains of ments, inwardly to be drunk, and outwardly to be applied warm the Chest. to the place grieved. The same being drunk, helpeth the pains and Sides, both of the Chest and Sides, as also Coughs and hardness of Coughs, Breathing, the Inflammations of the Lungs, and the tormenting Head, pains of the Sciatica, and the Joynts being anointed or laid to Breathing, the places, as also the shaking fits of Agues, to take a draught Sciatica, before the fit come: Being boiled or infused in Oyl, it is good and Joynt- to help the VVind-Cholick, the hardness and VVindiness of the aches, Mother, & freeth VVomen from the strangling or suffocation Agues, thereof, if the Share, & the parts thereabouts be anointed there- Wind- with; It killeth and driveth forth the worms of the Belly, if it be Cholick, drunk after it is boiled in VVine to the half with a little Honey: Mother, It helpeth the Gout or pains in the Joynts Hands, Feet, or Knees, Worms, applied thereunto: and with Figs it helpeth the Dropisie be- Gout, ing bathed therewith: being bruised and put to the Nostrils, Dropisie, it stayeth the bleeding thereof, it helpeth the swelling of the Bleeding, Cods if they be bathed with a Decoction of Rue & Bay leaves. Swelling of It taketh away VVheals and Pimples, if being bruised with a the Cods, few Mirtle-Leaves, it be made up with VVax and applied: It VVheals and cureth the Morpew & taketh away all sorts of VVarts, if boiled Pimples, in VVine, with some Pepper and Nitre, and the places rubbed Morpew, therewith and with Allum and Honey, helpeth the dry Scabs or and Warts, any Tetter or Ring-worm. The Juyce thereof warmed in a Scab, Tet- Pomegranate-shell or rind, and dropped into the Ears, helpeth ter and the pains of them. The Juyce of it and Fennel with a little Ho- Ring-worm, ney, and the Gall of a Cock put thereto, helpeth the dimness of Pains of the Eye-sight. An Oyntment made of the Juyce thereof with the Ears, Oyl of Roses, Cerufs, and a little Vinegar, and anointed, cureth Dim-sight, St. Antonies fire, and all running Sores in the Head; and St. Antho- the stinking Ulcers of the Nose or other parts. The Antidote ny's Fire, used by *Mithridates* every Morning fasting to secure himself Running from any Poyson or Infection, was this: take twenty Leaves of Sores of Rew, a little Salt, a couple of VValnuts, and a couple of Figs the Head. beaten together into a Mass with twenty Juniper-Berries, which Uloers of is the quantity appointed for every day. Another Electuary is the Nose, made thus: Take of Nitre, Pepper and Cummin-feed, of each Antidote, equal parts; of the Leaves of Rue clean picked, as much in Pains of weight as all the other three weighed; beat them well together the Chest, and put to as much Honey as will make it up into an Electuary Stomach, and but you must first keep your Cummin-feed in Vinegar twenty Spleen, our hours, and then dry it, or rather roast it in a hot Fire- Belly, shovel.

shovel, or in an Oven) and it is a Remedy for the pains or griefs in the Chest or Stomach; of the Spleen, Belly or Sides, by Wind or Stitches Obstructions es; of the Liver by Obstructions; of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies. What an infamy is cast upon the ashes of *Mithridates* (or *Metridates*, as *Augustus* read his Name) by unworthy people; they that deserve no good report themselves, love to give none to others, viz. That renowned King of *Pontus* fortified his Body by Poyson against Poyson, (He cast out Devils by *Belzebub* the Prince of Devils.) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poyson would have dispatch'd him; On the contrary, if not Corrosions would have done it: the whole World is at this present time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every morning, to which his Name is adjoyned, shall to admiration preserve his Body in health, if he do but consider that *Rew* is a Herb of the *Sun*, and under *Leo*, and gather it and the rest accordingly.

Rupture-wort.

Descript.] **T**HIS spreadeth very many Threddy Branches round about upon the Ground, about a span long, divided into many other smaller parts full of small Joynts set very thick together, whereat come forth two very small Leaves of a French yellow-green colour Branches and all, where groweth forth also a number of exceeding small yellowish Flowers scarce to be discerned from the Stalks & Leaves, which turn into Seeds as small as the very dust. The Root is very long & small, thrusting down deep into the Ground. The herb hath neither smell nor taste at first but afterwards hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withall.

Place.] It groweth in dry, sandy and rocky places.

Time.] It is fresh and green all the Summer.

Government and Vertues.] They say *Saturn* causeth Ruptures: If he do he doth no more than he can Cure: if you want Wit, he will teach you though to your cost: This Herb is *Saturns* own, and is a notable Antivenerean. *Rupture-wort* hath not his Name in vain: for it is found by Experience to Cure the Rupture, not only in Children but also in Elder persons, if the Disease be not too inveterate, by taking a Dram of the Powder of the dried herb every day in Wine for certain days together. Or the Decoction made in Wine, and drunk. Or the Juice or Distilled water of the green Herb taken in the same manner; and helpeth all other Fluxes and Running of ther of Man or Woman, vomitings also, and the Gonorrhoea of the Reins, running of the Reins, being taken any of the ways aforesaid. It doth also most assuredly help those that have the Strangury, or have their Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder: The same also much helpeth all Stitches in the Sides, all griping Pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the yellow Jaundice.

dice; likewise it killeth also the VVorms in Children: being *Worms*, outwardly applyed it conglutinateth Wounds notably, and help- *Wounds*, eth much to stay Defluxions of Rheum from the Head to the *Defluxions*, Eys, Nose and Teeth, being bruised green and bound thereto: *Foululcers* Or the Decoction of the dried Herb, to bath the Fore-head and Temples, or the Nape of the Neck behind: It also drieth up the moisture of Fistulous Ulcers, or any others that are foul and spreading

Rushes.

Although there are many kinds of *Rushes*, yet I shall only here insist upon those which are best known, and most Medicinal. As the Bul-rushes, and other of the soft and smooth kinds; which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needlest to trouble you with any Description of them: Briefly then take the Vertues of them as followeth.

Government and Vertues.] The Seed of the soft *Rushes*, saith *Dioscorides* and *Galen*, toasted (saith *Plina*) being drunk in VVine and VVater, stayeth the Lask and Womens Courses when they comedown too abundantly: but it causeth Head-ach: It provoketh Sleep likewise, but must be given with caution, lest the Party that takes it wake not untill the Resurrection: *Pliny* saith, The Root boiled in VVater to the consumption of one third helpeth the Cough.

Thus you see that Conveniencies have their Inconveniencoes, and Vertue is seldom unacompanied with some Vices. What I have written concerning *Rushes*, is to satisfie my Country-mens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken: There are Remedies enough without them for any Disease, and therefore as the Proverb is, I care not a *Rush* for them; or rather, They will do you as much good as if one had given you a *Rush*.

Rye.

This is so well known in all the Countries of this Land, and especially to the Country-people who feed much thereon, that I describe it, they would presently say, I might well have spared that labour. Its Vertues follow.

Government and Vertues.] Rye is more digesting then VVheat: The Bread and the Leaven thereof ripeneth and breaketh Imposthumes, Boyls, and other swellings: The Meal of Rye put between a *Imposthumes*, double Cloth, and moistned with a little Vinegar, and heat- *Boyls and Swellings* ed in a Pewter Dish, set over a Chafing-dish of coals, and *ings pains of the* bound fast to the Head while it is hot, doth much ease the *Head, Chaps of* continual Pains of the Head. *Matthiolus* saith, That the *the Hands or* Ashes of Rye-straw put into Water, and suffered therein a *Feet*. day and a night, and the Chaps of Hands or Feet washed therewith, doth heal them.

shovel, or in an Oven) and it is a Remedy for the pains or griefs in the Chest or Stomach; of the Spleen, Belly or Sides, by Wind or Stitches Obstructions; of the Liver by Obstructions; of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies. What an infamy is cast upon the ashes of *Mithridates* (or *Methridates*, as *Augustus* read his Name) by unworthy people; they that deserve no good report themselves, love to give none to others, viz. That renowned King of *Pontus* fortified his Body by Poyson against Poyson, (He cast out Devils by *Belzebub* the Prince of Devils.) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poyson would have dispatch'd him; On the contrary, if not Corrosions would have done it: the whole World is at this present time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every morning, to which his Name is adjoyned, shall to admiration preserve his Body in health, if he do but consider that *Rew* is a Herb of the Sun, and under *Leo*, and gather it and the rest accordingly.

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Fluxes, taken in the same manner; and helpeth all other Fluxes, running of ther of Man or Woman, vomitings also, and the Gonorrhoea of the Reins, running of the Reins, being taken any of the wayes aforesaid.

Strangury, It doth also most assuredly help those that have the Strangury, or have their Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder: The same also much helpeth all Stitches in the Sides, all griping Pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the yellow Jaundice.

dice; likewise it killeth also the VVorms in Children: being *Worms*, outwardly applyed it conglutinateth Wounds notably, and help- *Wounds*, eth much to stay Defluxions of Rheum from the Head to the *Defluxions*, Eys, Nose and Teeth, being bruised green and bound thereto: *Foululcers* Or the Decoction of the dried Herb, to bath the Fore-head and Temples, or the Nape of the Neck behind: It also drieth up the moisture of Fistulous Ulcers, or any others that are foul and spreading

Rushes.

Although there are many kinds of *Rushes*, yet I shall only here insist upon those which are best known, and most Medicinal. As the Bul-rushes, and other of the soft and smooth kinds; which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needless to trouble you with any Description of them: Briefly then take the Vertues of them as followeth.

Government and Vertues.] The Seed of the soft *Rushes*, saith *Dioscorides* and *Galen*, toasted (saith *Plina*) being drunk in VVine and VVater, stayeth the Lask and Womens Courses when they comedown too abundantly: but it causeth Head-ach: It provoketh Sleep likewise, but must be given with caution, lest the Party that takes it wake not untill the Resurrection: *Pliny* saith, The Root boiled in VVater to the consumption of one third helpeth the Cough.

Thus you see that Conveniencies have their Inconveniencoes, and Vertue is seldom unacompanied with some Vices. What I have written concerning *Rushes*, is to satisfie my Country-mens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken: There are Remedies enough without them for any Disease, and therefore as the Proverb is, I care not a *Rush* for them; or rather, They will do you as much good as if one had given you a *Rush*.

Rye.

THis is so well known in all the Countries of this Land, and especially to the Country-people who feed much thereon, that I describe it, they would presently say, I might well have spared that labour. Its Vertues follow.

Government and Vertues.] Rye is more digesting then VVheat: The Bread and the Leaven thereof ripeneth and breaketh Imposthumes, Boyls, and other swellings: The Meal of Rye put between a *Imposthumes*, double Cloth, and moistned with a little Vinegar, and heat- *Boyls and Swell-* ed in a Pewter Dish, set over a Chafing-dish of coals, and *ings pains of the* bound fast to the Head while it is hot, doth much ease the *Head, Chaps of* continual Pains of the Head. *Matthiolus* saith, That the *the Hands or* Ashes of Rye-straw put into Water, and suffered therein a *Feet*. day and a night, and the Chaps of Hands or Feet washed therewith, doth heal them.

Saffron.

THe Herb needs no Description, it being known generally where it grows. Place.] It grows frequently at *Waldon in Essex* and in *Cambridgeshire*. Government and Vertues.] It is an Herb of the *Sun*, and under the *Lion*, and therefore you need not demand a reason why it strengt- Heart strengthneth, ens the heart so exceedingly. Let not above ten grains Brain, Consumpt. of be given at one time; for if the Sun which is the fount- the Lungs, Pestilence, tain of light, may dazel the Eyes, and make them blind, Small Pox, Measles, a Cordial being taken in an immoderate quantity, may Yellow Jaundice, hurt the Heart instead of helping it. It quickneth the Flegm purgeth Brain, for the Sun is exalted in *Aries* as well as he hath his House in *Leo*, it helps Consumption of the Lungs helps difficulty of Breathing. It is an excellent thing in Epidemical Diseases as Pestilence, Small Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow Jaundice. My opinion is (but I have no author for it) that *Hermodactils* are nothing else but the Roots of Saffron dried; and my reason is, That the Roots of all *Crocus* both white and yellow, purge Flegm as *Hermodactils* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your taste shall distinguish them from *Hermodactils*.

Sage.

OUr ordinary Garden Sage needeth no Description. Time.] It flowreth in or about *July*.

Government and Vertues.] *Jupiter* claims this, and bids me tell you it is good for the Liver, and to breed Blood. A Decoction of the Leaves

and Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urine, bringeth down *VVomens*-courses, helps to expel the dead Child, and causeth the Hairs to become black. It stayeth the bleeding of *VVounds*, & cleanseth foul Ulcers or Sores. The said Decoction made in *VVine*, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* saith, that if *VVomen* that cannot conceive by reason of the moist slipperiness of their *VVombs*, shall take a quantity of the Juice of Sage with a little Salt for four days before they company with their Husbands, it will keep them not only to conceive, but also to retain the Birth without Miscarrying. *Orpheus* saith, Three spoonfulls of the Juice of Sage taken fasting with a little Honey doth presently stay the spitting or casting up of Blood of them that are in a Consumption: these Pills are much commended: Take of *Spikenard*, Ginger of each two drams; of the seed of Sage toasted at the fire eight drams, of *Longer Pepper* 12 drams: all these being brought

to fine Powder, put thereto so much Juyce of Sage as may
ake them into a Mass for Pills; taking a dram of them eve-
Morning fasting, and so likewise at night; drinking a
pure Water after them. *Marbriolus* saith, It is very profi-
able for all manner of pains of the head coming of cold and
rheumatick Humors, as also for all pains of the Joynts, whe-
ther inwardly or outwardly, and therefore helpeth the Fal-
g-sickness, the Lethargy, such as are dull and heavy of
spirit, the Palsie, is of much use in all Defluxions of Rheum
from the head, and for the Diseases of the Chest or Breast.
The Leaves of Sage and Nettles bruised together, and laid
upon the Imposthume that riseth behind the Ears, doth as-
uage it much: The Juyce of Sage taken in warm Water
helpeth a hoarseness and the Cough. The Leaves sodden in
Vine, and laid upon the place affected with the Palsie, help-
eth much, if the Decoction be drunk also Sage taken with
Wormwood is good for the bloody-flux: *Pliny* saith, It pro-
voketh womens-courses, and stayeth them coming down too
fast, helpeth the stinging and biting of Serpents, and killeth
all Worms that breed in the Ears and in Sores. Sage is of
excellent use to help the Memory, warming and quickning
the Senses; and the Conserve made of the Flowers, is used to
the same purpose, and also for all the former recited Diseases. The Juyce of
Sage drunk with Vinegar hath been of good use in time of the Plague at all
times. Gargles likewise are made with Sage, Rosemary, Honey-suckles,
and Plantane boiled in Vine or Water, with some Honey or Allom put
thereto to wash sore Mouths and Throats, Cankers, or the Secret Parts of
man or Woman as need requireth. And with other hot and comfortable
herbs. Sage is boiled to bathe the Body and Legs in the Summer-time,
especially to warm cold Joynts or Sinews troubled with the Palsie or Cramp,
and to comfort or strengthen the parts. It is much commended against the
itch or pains in the side coming of Wind, if the place be fomented
warm with the Decoction thereof in Vine, and the herb also after boil-
ing, be laid warm also thereunto.

Wood-Sage.

[descript.] **W**ood-Sage riseth up with square hoary Stalks 2 foot high
at the least, with two Leaves set at every Joynt, somewhat
like other Sage-leaves, but smaller, softer, whiter & rounder: and a little dented
out the edges, & smelling somewhat stronger: At the tops of the Stalks and
branches stand the Flowers on a slender like spike turning themselves all one
way when they blow, and are of a pale and whitish colour, smaller than Sage,
like hooded and gaping like unto them. The Seed is blackish and round; four
usually seem in a Husk together: The Root is long and stringy, with divers Fi-
bers great and abideth many years.

Place

Place.] It groweth in Woods, and by Wood-sides, as also in divers Fields and by Lanés in the Land.

Time.] It flowreth in June, July and August.

*Provokes Urine
and Womens
Courses, Sweat,
Swellings in
the flesh French
Pox, Vein broken,
Burstnesse
Palsie, Ulcers,
and Sores green
Wounds.*

Government and Vertues.] The Herb is under *Venus*. The

Decoction of the Wood-Sage provoketh Urine and womens Courses: it also provoketh Sweat, digesteth Humors & dissolvethe Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made with Wine, is a safe and sure Remedy for those who by Falls, Bruises or Blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed Blood, and to consolidate the Veins: It is also good for such as are inwardly or outwardly Bursten, the Drink used inwardly, and the Herb used outwardly: The same used in the same manner is found to be a sure Remedy for

the Palsie: The Juycé of the Herb, or the Powder thereof dried, is good for moist Ulcers and Sores in the Legs or other parts to dry them, and cause to heal more speedily: It is no less effectual also in green Wounds to be used upon any occasion.

Solomons Seal.

Descripti.] **T**He common Solomons Seal riseth up with a round Stalk about half a yard high, bowing or bending down to the Ground, set with Single Leaves one above another somewhat large and like the Leaves of the Lilly-Convally or May-Lilly, with an eye of blewish upon the green, with some Ribs therein, & more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small, long, white & hollow pendulous Flowers somewhat like the Flowers of May-Lilly, but ending in five long Points, for the most part two together at the end of a long Foot-Stalk & sometimes but one, & sometimes also two Stalks with Flowers at the foot of a Leaf, which are without any scent at all, and stand all on one side of the Stalk after they are past, come in their places small round Berries, green at the first, & blackish green tending to blewness when they are ripe, wherein lie small, white hard and stony Seed: The Root is of a thicknes of ones finger, or thumb, white and knobbed in some places, a flat round circle representing a Seal, whereof it took the name lying alone under the upper Crust of the Earth, and not growing downward, but with many Fibres underneath.

Place.] It is frequent in divers places of this Land, as namely in a Wood two Miles from Canterbury, by Fish-pool Hill; as also in a Bushy Close belonging to the Parsonage of Alderbury near Clarendon, two Miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and in divers other places in Essex, and other Counties.

Time.] It flowreth about May: The Root abideth and shooteth anew every year.

Government and Vertues.) Saturn owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and close Wounds, up the Lips of those that are green, and to dry up and restrain and Sores, the flux of Humors to those that are old: It is singular good to Vomiting, stay Vomiting and bleedings wheresoever, as also all Fluxes in and bleed- Man or Woman, whether Whites or reds in Women, or the ing, running of the Reins in Man; also to knit any Joynt, which by Fluxes, weakness useth to be often out of place, or will not stay in long Running when it is set: also to knit and joyn broken Bones in any part of of the the Body, the Roots being bruised and applied to the place; Reins knit yea, it hath been found by late experience, that the Decoction foyers of the Root in Wine, or the bruised Root put in Wine or other and broken Drink, and after a nights infusion strained forth hard and drunk bones in bath holpen both Man and Beast whose Bones have been broken Man and by any occasion, which is the most assured refuge of help to Beast, people of divers Countries of the Land, that they can have it: it Ruptures, is no less effectual to help Ruptures and Burstings, the Decoction Bruises, in Wine, or the Powder in Broth or drink being inwardly taken and Falls, and outwardly applied to the Place: The same is also available black and for inward or outward Bruises, Falls or Blows, both to dispel blue the congealed Blood, and to atke away both the pains and the Marks, black and blue Marks that abide after the Hurt. The same also or Beautifie, the distilled Water of the whole Plant used to the Face or other the Face part of the skin cleanseth it from Morpew, Freckles, Spots, or Marks whatsoever, leaving the place fresh fair and lovely for which purpose it is much used by the Italian Dames.

Sampire.

Descri.) Rock Sampire groweth up with a tender green stalk, about a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick, and almost round, somewhat long leaves, of a deep green colour. sometimes together, & sometimes more on a stalk, & are sappy, and of a pleasant hot or spicy taste: at the tops of the stalk and branches stand umbles of white flowers, and after them comes large seed bigger than Fennel-seed, yet somewhat alike. The Root is great, white and long continuing many years, and is of an hot spicy taste likewise.

Place.) It groweth on the Rocks that are often moistned, at the least, if not over-flown with the Sea-water.

Time.) And it flowreth and seedeth in the end of July and August,

Government and Vertues.) It is an Herb of Jupiter, and was in former times wont to be used more than now it is, the more is the pity;

it is well known almost to every Body, That ill Digestion and Help Di- Obstructions are the Causes of most of the Diseases which the gestion, ail Nature of Man is subject to, both which might be re- Opens

medicd

Obstructions medied by a more frequent use of this Herb. If people would
ons, Provokes have Sawce to their Meat, they may take some for profit as well
Urine, ex- as for pleasure. It is a safe Herb very pleasant both to the Taste
pels, Gravel and Stomach, helping Digestion, and in some sort opening
and the N Obstructions of the Liver and Spleen, provoketh Urine, and
Stone, helping thereby to wash away the Gravel and Stone ingendred
 in the Kidneys or Bladder.

Sanicle.

Descript. **O**rdinary Sanicle sendeth forth many great round Leaves stand-
 ing upon long brownish Stalks, every one somewhat deeply cut
 or divided into five or six parts, and some of those also cut in, somewhat like the
 Leafs of Crows-foot or Doves-foot, and finely dented about the edges, smooth,
 of a dark green shining colour, and sometimes reddish about the brims, from
 among which rise up small round green Stalks, without any Joynt or Leaf there-
 on, saving at the top, where it brancheth forth into Flowers having a Leaf di-
 vided into three or four parts at that Joynt with the Flowers, which are small
 and white, starting out of small round greenish yellow Heads, many standing to-
 gether in a Tuft, in which afterward are the Seed contained which are small
 round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner
 upon any thing that they touch: The Root is composed of many black Strings, or
 Fibres set together, at a little long Head, which abideth with the green Leaves
 all the Winter, and perissh not.

Place.] It is found in many shadowy Woods, and other places of this
 Land.

Time.] It flowreth in June, and the Seed is ripe shortly after.

Government and Vertues.] This is one of Venus her Herbs to Cure ei-
 ther Wounds, or what other mischief Mars inflicted upon the Body of Man.
 It is exceeding good to heal all green Wounds speedily, or any Ulcers, Im-
 posthumes, or Bleedings inwardly. It doth wonderfully
 Green Wounds, help those that have any Tumors in any part of their
 Ulcers, Impost- Bodies, for it represseth and dissipateth the Humors, if the
 humes, inward Decoction or Jnyce thereof be taken, or the Powder in
 Bleedings, Drink and the Juyce used outwardly; for there is not found
 Swelling, Ulcers any Herb that can give you such present help either to
 in the Mouth, Man or Beast when the Disease falleth upon the Lungs or
 Throat and Pri-Throat, and to heal up all the putrid malignant Ulcers in
 wities, Womens the Mouth, Throat and Privities, by gargling or washing
 Courses, Flu- with the Decoction of the Leaves and Root, made in VVa-
 xes of Blood, ter, and a little Honey put thereto. It helpeth to stay VVo-
 Lasks, Ulcers mens Courses, and all other Fluxes of Blood either by the
 in the Kidneys, Mouth, Urine, or Stool, and Lasks of the Belly, the Ulce-
 Running of the ration of the Kidneys also, and the Pains in the Bowels
 Reins, Rup- and Gonorrhæa or Running of the Reins, being boil-
 ture. ed in Wine or VWater, and drunk: The same also is no

le is powerful to help any Ruptures or Burstings, used both inwardly and Outwardly : and briefly, it is effectual in binding, restraining, consolidating heating, drying and healing as Comfrey, Bugle, Self-heal, or any other of the Confoundes or Vulnerary Herbs whatsoever.

Sarasens Confound, or Sarasens Wound-wort.

Descript.] **T**His groweth very high sometimes with brownish Stalks, & other whiles with green and hollow to a Mans height, having many long and narrow green Leaves snip'd about the edges, somewhat like those of the Peach-Tree, or willow-Leaves, but not of such a white green colour: The tops of the Stalks are furnished with many pale yellow Star-like Flowers standing in green Heads, which when they are fallen, and the Seed ripe, which is somewhat long, small and of a yellowish brown colour, wrapped in Down, is therewith carried away with the wind: The Root is composed of many Strings or Fibres, set together at a Head, which perisheth not in Winter, but abideth, altho' the Stalks dry away and no Leaf appeareth in the Winter. The taste hercof is strong and unpleasant, and so is the smell also.

Place] It groweth in moist and wet Grounds, by Woods-fides, and sometimes in the moist places of the shady Groves, as also by the Water-side.

Time.] It flowreth in July, and the Seed is soon ripe and carried away with the Wind.

Government and Vertues.] Saturn owns the Herb, and 'tis of a sober condition like him. Among the Germans, this Wound-Herb is preferred before all other of the same quality. Being boiled in Wine and drunk, it helpeth, the indisposition of the Liver, and freeth the Gall from Obstructions, whereby it is good for the Yellow Jaundice, and for the Dropsie in the beginning of it, for all inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine and then distilled, the water thereof drunk is singular good to ease all Gnawings in the Stomach or other Pains of the Body, as also the Pains of the Mother: And being boiled in VVater it helpeth continual Agues; and this VVater or the simple VVater of the Herb distilled or the Juyce or Decoction are very effectual to heal any green VVound, or old Sore or Ulcer whatsoever, cleansing them from Corruption, and quickly healing them

up: It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking by washing and gargling them therewith; and likewise for such Sores as happen in the Privy Parts of Man or Woman; briefly whatsoever hath been said of Bugle or Sanicles may be found herein

Sawce alone or Jack by the Hedge-side.

Descripiti] **T**He lower Leaves of this are rounder than those that grow towards the tops of the Stalks, & are set singly on a Joynt, being somewhat round & broad, & pointed at the ends, dented also about the edges somewhat resembling Nettle-leaves for the form, but of a fresher green colour, & not rough or pricking: The flowers are very small & white, growing at the tops of the Stalks one above another, which being past, there follow small & long round Pods, wherein are contained small round Seed somewhat blackish. The Root stringy & threddy, perishing every year after it hath given Seed, & raiseth self again of its own sowing. The Plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place.] It groweth under Walls, and by Hedge-sides, and Path-ways & fields in many places.

Time.] It flowreth in June, July and August.

Government and Vertues.] It is an Herb of Mercury. This is eaten by many Conuntry-people as Sawce to their salt Fish, and helpeth well to digest the Crudities and other corrupt Humours ingendred thereby; it warmeth also the Stomach, and causeth Digestion: The Juice

Helps Digestion thereof boiled with Honey, is accounted to be as good as **Cough, Tough** Hedge-Mustard for the Cough, to cut and expectorate the **Flegm, Wind-** tough Flegm. The Seed bruised and boiled in Wine, **Cholick, Stone,** a singular good Remedy for the Wind-Cholick, or the **Ulcers in the** Stone being drunk warm: It is also given to Women troubled with the Mother both to drink, and the Seed put into **Legs** cloth and applied while it is warm, is of singular good

use. The Leaves also or Seed boiled, is good to be used in Clysters to ease the pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Winter and Summer-Savoy.

BOTH these are so well known, (being entertained as constant Inhabitants in our Gardens) that they need no Description.

Government and Vertues.] Mercury claims the Dominion over this Herb, neither is there a better Remedy against the Cholick and Iliack Passion than this Herb; keep it dry by you all the year if you labour with your selves and your ease, as 'tis a hundred pound to a penny if you do not: keep it dry, make Conserves and Symps of it for your use; and withal, take notice that the Summer kind is the best. They are both of them hot and dry especially the Summer kind, which is both sharp and quick in taste, expelling Wind in the Stomach and Bowels and is a present help for the rising of the Mother provoked by wind, provoketh Urine and Womens Courses, and

Cholick, Iliack
Passion, Expel-
leth Wind, Mo-
ther, provokes
Urine and Wo-
mens Courses,
Tough Flegm,
Letbergly Dull

much commended for Women with Child to take inward- *Sight, Singing*
 y, and to smell often unto. It cureth tough Flegm in the *in the Ears and*
 Chest and Lungs; and helpeth to expectorate it the more *Deafness, Scia-*
afily: quickneth the dull Spirits in the Lethargy, the *tica, and Palsie,*
 ynce thereof being snuffed, or cast up into the Nostrils: *stinging of Bees,*
 The Juyce dropped into the Eyes, cleareth a dull Sight; if it *&c.*
 proceed of thin cold Humours distilling from the Brain.
 The Juyce heated with Oyl of Roses, and dropped into the Ears, easeth them
 of the Noise and Singing in them, and of the deafness also: outwardly ap-
 plied with Wheat-flour in manner of a Pultis, it giveth ease to the Sciatica
 and Palsied Members, heating and warming them: and taketh away their
 Pains. It also taketh away the Pain that comes of Stinging by Bees, Wasps, &c.

Savin.

TO describe a Plant so well known is needless, it being nursed up almost
 in every Garden, and abiding green all the Winter.
Government and Vertues. It is under the Dominion of Mars, being hot &
 dry in the third degree, and being of exceeding clean parts,
 Juyce of a very digesting quality. If you dry the Herb into *Ulcers cleanseth,*
 Powder, and mix it with Honey, it is an excellent Remedy *Fistulae;* Car-
 to cleanse old filthy Ulcers and Fistulae: but it hinders *buncles, Plague-*
 ine, them from healing. The same is excellent good to break Sores, *Kings-*
 or Carbuncles and Plaguesores; also helpeth the Kings-Evil, *Evil, Worms,*
 tro being applied to the place: being spread upon a piece of *Scabs, Itch,*
 into Leather, and applied to the Navel, kills the Worms in the *Running Sores,*
 go Belly; helps Scabs and the Itch, running Sores, Cankers, *Cankers, Tet-*
 o e Tetter and Ring-worms; and being applied to the place, *vers, Ring-*
 eal may happily Cure Venereal Sores. This I thought good to *Worms, Vene-*
 speak of, as it may safely be used outwardly: for inwardly *real Sores.*
 it cannot be taken, without manifest danger.

The common white Saxifrage.

Descrip.] **T**Hs hath a few small reddish Kernels of Roots, covered with some
 Skins lying among divers small blackish Fibres, which send forth
 divers round, faint, or yellow green Leaves, and grayish underneath, lying above
 the Ground unevenly dented about the edges, & somewhat hairy, every one upon a
 little Foot-stalk from whence riseth up a round brownish hairy green stalk, two
 or three foot high, with a few such like round Leaves as grow below, but smaller
 and somewhat branched at the top, whereon stand pretty large white Flowers of
 five Leaves a piece, with some yellow threads in the Middle, standing in a long
 crested brownish green Husk: after the Flowers are past, there ariseth sometimes a
 round hard Head, forked at the top, wherein is contained small blackish Seed, but
 usually they fall away without any Seed: and it is the Kernels or grains of the
 Root which are usually called the white Saxifrage-seed, and so used.
 Place.] It groweth in many places of our Land, as well in the lower

moist, as in the upper dry corners of Meadows, and grassie sandy places: It is used to grow near *Lambs Conduit* on the back-side of *Grays-Imm*.

Time.] It flowreth in *May*, and is then gathered as well for that which is called the *Seed*, as to distil, for it quickly perisheth down to the Ground when any hot weather comes.

Government and Vertues.] It is very effectual to cleanse the *Reins* and *Bladder*, and to dissolve the *Stone* ingendred in them, and to expel it and the *Gravel* by *Urine*, to provoke *Urine* being stopped, and to help the *Strangury*: for which purposes the *Decoction* of the *Herbs* or *Roots* in white *Wine*, or the *Powder* of the *small kernelly Root*, which is called the *Seed*, taken in *White Wine*, or in the same *Decoction* made with white *Wine*, is most usual. The distilled *Water* of the whole *Herb*, *Root* and *Flowers*, is most familiar to be taken. It provoketh also *Womens Courses*, and freeth and cleanseth the *Stomach* and *Lungs* from thick and tough *Flegm* that troubles them. There are not many better Medicines to break the *Stone* than this.

Burnet Saxifrage.

Descript.] The greater sort of our English *Burnet Saxifrage* groweth up with divers long stalks of winged Leaves set directly opposite one to another on both sides, each being somewhat broad and a little pointed and dented about the edges, of a sad green colour. At the tops of the stalks stand umbles of white Flowers, after which comes small and blackish Seed. The Root is long & whitish abiding long. Our lesser *Burnet Saxifrage* hath much finer Leaves than the former, & very small; & set one against another, deeply jagged about the edges, & of the same colour as the former. The Umbles of Flowers are white, & the Seed very small, and so is the Root, being also somewhat hot and quick in taste.

Place.] These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many times they lie hid scarcely to be discerned.

Time.] they flower about *July*, and their Seed is ripe in *August*.

Government and Vertues.] They are both of them Herbs of the *Moon*. These *Saxifrages* are as hot as *Pepper*; and *Tragus* saith, *Provoke Urine*, by his Experience. That they are wholesome. They have ease *Wind* and the same properties that the *Parsleys* have, but in provoking *Cholick*, *Mo-* *Urine*, and easing the pains hereof, or of the *Wind* and *ther*, *Womens Cholick*, are much more effectual. The *Roots* or *Seed* being used either in *Powder*, or in *Decoction*, or any other way; and likewise helpeth the windy pains of the *Mother*, *Courses*, *Stone*, *ing* used either in *Powder*, or in *Decoction*, or any other *tough-Flegm*, way; and likewise helpeth the windy pains of the *Mother*, *Venome*, *Cramps*, and to procure their *Courses* & to break & avoid the *Stone* and *Convulsions*, in the *Kidneys*, to digest cold, viscous, and tough *Flegm* *Wound* in the in the *Stomach*, and is an especial Remedy against all kind of *Venome*. *Castoreum* being boiled in the distilled *YYate* hereof, is singular good to be given to those that are troubled

troubled with Cramps and Convulsions, some do use to make the Seed into comfits (as they do Caraway-seed) which is effectual to all the purposes aforesaid. The Juyc of the Herb dropped into the most grievous Wounds of the Head, drieth up their moisture, and healeth them quickly. Some VVomen use the distilled water to take away freckles or Spots in the Skin or face; and to drink the same sweetned with Sugar for all the purposes aforesaid.

Scabious, three sorts.

Descrip.] **C**ommon Field Scabious groweth up with many hairy soft, whitish green leaves some whereof are but very little; if at all jagged on the edges, others very much rent and torn on the sides, & have threds in them, which upon the breaking may be plainly seen: from among which raise up divers hairy green stalks three or four foot high, with such like hairy green leaves on them, but more deeply and finely divided; branched forth a little: At the tops thereof, which are naked & bare of leaves for a good space, stand round heads of flowers of a pale blewish colour set together in a head, the utter-most whereof are larger then the inward, with many threds also in the middle, somewhat flat at the top, as the head with seed is likewise: the Root is great, white, and thick, growing down deep in the ground, and abideth many years.

There is another sort of Field Scabious different in nothing from the former but only it is smaller in all respects.

The Corn Scabious, different little from the first, but that it is greater in all respects, and the flowers more declining to purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep into the ground as the first doth.

Place.] The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or Fallow-fields, and the borders of such like Fields.

Time.] They flower in June and July, and some abide flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious, but I take these which I have here described to be most familiar with us: The Vertues both of these and the rest being much alike, take them as followeth.

Government and Vertues.] Mercury owns the Plant. Scabious is very effectual for all sorts of Coughs, shortness of Cough and shortness of Breath, and all other Diseases of the Brest and Lungs, ripeness of Breath, and digestion, cold Flegm, and other rough humors, Cold, Flegm, Inward Ulcers and neth also all sorts of inward Ulcers and Imposthumes, Pleurisy, Imposthumes, rise also, if the decoction of the Herb dry or green be made Pleurisy, Infection in Wine or drnk for some time together: four ounces on Carbuncles or of the clarified Juyc of Scabious taken in the Morning Plague Sores.

Pains or fasting with a dram of Mithridate, or Venice-Treacle, freed
Stitches in the Heart from any Infection of Pestilence, if after the taking
the Side, of it, the party sweat two hours in Bed, and his Medicine be
Scabs, Tet- again and again repeated, if need require. The green Her
ters, Ring- bruised and applied to any Carbuncle or Plague-sore, is found
worms, by certain Experience to dissolve and break it in three hou
Itch, in- space. The same Decoction also drunk, helpeth the Pains an
ward Stiches in the Sides. The decoction of the Roots taken for
Wounds, ty dayes together, or a dram of the Powder of them taken at a
cold Swel- time in VVhey, doth (as *Mathiolus* saith) wonderfully help
lings, those that are troubled with running or spreading Scabs, Tet
shrunken Si- ters, Ring-worms, yea though they proceed from the French
news, Pox, which he saith he hath tryed by Experience. The Juyce
Freckles or Decoction drunk, helpeth also Scabs and Breakings out of the
Pimples, Itch, and the like. The Juyce also made up into an Oyntment
Morphew, and used is effectual for the same purpose. The same also help
and Lepro- eth all inward VVounds by the drying, cleansing and healing
sie, Dandrif equality therein. And a Syrup made of the Juyce and Sugar, is
and Scurf, very effectual to all the purposes aforesaid, and is the distil
 led VVater of the Herb and Flowers made in due season; especial
 ly to be used when the green Herb is not in force to be taken.
Sores, and The Decoction of the Herb and Roots outwardly applied, doth
Ulcers, wonderfully help all sorts of hard or cold Swellings in any part
Thorns and of the Body, and is as effectual for any shrunken Sinews or Veins
broken. The Juyce of Scabious made up with the powder of Borax and
Bones, &c. Camphire, cleanseth the skin of the Face or other parts of the
 Body, not only from Freckles and Pimples, but also from Mor
 phew and Leprosie. The Head washed with the same Decoction, cleanseth
 it from Dandrif, Scurf, Sores, Itch, and the like, being used warm. Tents also
 dipped in the Juyce or VVater thereof, not only healeth all greene VVounds, but
 old Sores and Ulcers also. The Herb also bruised and applied, doth in short
 time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow
 head or other such like thing lying in the Flesh.

Scurvy-grass.

Descript.] **O**ur ordinary English Scurvy-grass hath many thick fat Leaves
 more long than broad, and sometimes longer and narrower,
 sometimes also smooth on the edges and sometimes a little weaved, sometimes
 plain smooth and pointed, sometimes a little hollow in the middle, and round
 pointed of a sad green, and sometimes a blewish colour every one standing by it
 self upon a long Foot-stalk, which is brownish or greenish also; from among which
 rise many slender Stalks, bearing few Leaves thereon like the other, but longer
 and lesser for the most part. At the tops whereof grow many whitish Flowers
 with yellow threads in the middle, standing about a green Head which becometh
 the Seed vessel, which will be somewhat flat when it is ripe, wherein is contain
 ed reddish Seed tasting somewhat hot. The Root is made of many white Strings
 which

which stick deeply in the mud, wherein it chiefly delights: yet it will well abide in the more upland and drier Grounds, and tasteth a little brackish or salt, even there, but not so much as where it hath the salt water to feed upon.

Place.] It groweth all along the Thames side, both on the Essex and Kentish shores, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: the other with round Leaves groweth in the Marshes in Holland, in Lincolnshire, and other places of Lincolnshire by the Sea-side.

Description. There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath divers fresh green & almost round Leaves rising from the Root, nothing so thick as the former: yet in some rich ground very large, even twice so big as in others, not dented about the edges, or hollow in the middle; every one standing on a long foot-stalk: from among these rise up divers long, slender, weak stalks, higher than the former, and with more white flowers at the tops of them, which turn into smaller pods, & smaller brownish seed than the former. The Root is white, small and woody. The taste of this is nothing salt at all, but hath an hot aromatical spicie taste.

Time.] It flowreth in April and May, and giveth seed ripe, quickly after.

Government and Vertues.] It is an herb of Jupiter. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse: but the Dutch Scurvy-grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the Blood, the Liver and the Spleen, for Scurvy all which Diseases it is of singular good effect, by taking the Liver and Juice in the Spring every Morning fasting in a cup of drink. Spleen, The Decoction is good for the same purpose, and the herb tuned up in new drink, either by it self, or with other things: Humors, for it openeth Obstructions, evacuateth cold, clammy and flegm, foul Ulcers, maticke humors both from the Liver and the Spleen, wasting and Sores and consuming both the swelling and hardness thereof, and Mouths, thereby bringing to the Body a more lively colour. The Spots and Juice also helpeth all foul Ulcers and Sores in the Mouth, if Scars in it be often gargled therewith: and used outwardly, cleanseth the Skin. the skin from spots, marks or scars that happen therein.

Self-heal.

It is called also Prunel, Carpenters Herb, Hook-Heal, and Sicke-wort.

Description.] The common Self-heal is a small, low, creeping Herb, having many small roundish pointed Leaves, somewhat like the Leaves of Wild Mints, of a dark green colour, without any dents on the edges: from among which rise divers square hairy stalks, scarce a foot high, which read sometimes into Branches, with divers small Leaves set thereon, up to the

tops, where stand brown spiked heads, of many small brownish Leaves like scales and flowers set together almost like the head of Cassidony, which Flowers are gaping, & of a blewish purple, or more pale blew, in some places sweet, but not so in others. The Root consists of many strings or Fibres downward, and spreadeth strings also whereby it encreaseth. The small stalks with the Leaves creeping up on the ground, shoot forth Fibres taking hold on the ground, whereby it is made a great tuft in short time.

Place.] It is found in Woods and Fields every where.

Time.] It flowreth in May, and sometimes in April.

Government and Vertues.] Here is another Herb of Venus, Self-heal, whereby when you are hurt, you may heal your self; 'tis a special Herb for inward and outward Wounds; Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As Self-heal is like Bugle in form, so also in the Qualities and Vertues, serving for all the purposes whereto Bugle is applied with good success.

Inward.] either inwardly or outwardly, for inward Wounds or Ulcers Wounds, and wheresoever within the Body, for bruises and falls, and such Ulcers, Bruise-like hurts. If it be accompanied with Bugle, Sanicle, and cses, Flux of other the like Wounds Herbs, it will be more effectual, and Blood, foul to wash or to inject into Ulcers in the parts outwardly where Sores, green there is cause to repress the heat and sharpness of humors Wounds, head flowing to any sore Ulcers, Inflammations, Swellings, or the ach, sores in like; or stay the Flux of Blood in any Wound or part: this the Mouth or is used with good success; as also to cleanse the foulness of Throat, and Sores, and cause them more speedily to be healed. It is an e-secret parts, special Remedy for all green Wounds to fodder the Lips of them, and to keep the place from any further inconveniencies.

The Juyce hereof used with Oyl of Roses to anoint the Temples and Fore-head is very effectual to remove the Head-ach; and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the secret parts. And the Prove:b of the Germans, French and others, is verified in this, *That he needeth neither Physitian nor Chyrurgion that hath Self-heal and Sanicle to help himself.*

The Service-Tree.

IT is so well known in the place where it grows, that it needeth no Description.

Time.] It flowreth before the end of May, and the Fruit is ripe in October.

Government and Vertues.] Services when they are mellow Fluxes, Scourings, and yet less than Medlers. If they be dried before they be Castings; mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink or to bathe Wounds, or at the parts requiring it: and is profitably used in that manner Mouth & Nose, to stay the bleeding of Wounds, and at the Mouth or

Nose: to be applied to the Fore-head and Nape of the Neck: and is under the Dominion of Saturn.

Sheperds-purse.

It is also called Whoremans-Permacity, Shepheards-Script, Shepheards-Pouch, Toy-wort, Pick-purse, and Case-weed.

Description.] The Root is small, white, and perishes every year. The Leaves are small & long, of a pale green colour, and deeply cut in on both sides, amongst which springeth up a stalk which is small & round, containing small Leaves up to the top. The flowers are white, and very small: after which come the little cases which hold the Seed, which are flat, almost in the form of a Heart.

Place.] They are frequent in this Nation, almost by every Paths-side.

Time.] They flower all the Summer long, nay, some of them are so fruitful, that they flower twice a year.

Government and Vertues.] It is under the Dominion of Saturn, and of a cold and dry, and binding Nature like to him. It helps all fluxes of Blood either caused by inward or outward Wounds; Stops fluxes, fluxes also Flux of the Belly and Bloody-flux, spitting and pissing of the Belly, spitting of Blood, stops the Terms in Women; being bound to ring, and pissing the wrists of the hands, and the soles of the Feet, it helps the blood Terms Yellow Jaundice. The Herb being made into a Pultis, helps stops, Yellow inflammations, and St. Antonies fire. The Juyce being Jaundice, pains, dropped into the Ears, helps the pains, noises and matter-noise, & matter-noise thereof. A good Oyntment may be made of it for all ings in the Ears, Wounds, especially Wounds in the head. wounds.

Smallage.

This is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

Place.] It groweth naturally in wet and Marsh Grounds; but if it be sown in Gardens, it there prospereth very well.

Time.] It abideth green all the Winter and seedeth in August.

Government and Vertues.] It is an Herb of Mercury. Smallage is hotter, dryer, and much more Medicinable than Parsley, for it much more openeth obstructions of the Liver and Spleen, rarifieth thick Flegm, and cleanseth it and the Blood withal. It provoketh Urine Liver & Spleen, and Womens Courses, and is singular good against the Urine, and Yellow Jaundice. It is very effectual against Tertian and mens Courses, Quartan Agues, if the Juyce thereof be taken: but especially yellow Jaundice, specially made up into a Syrup. The Juyce also put to honey Agues, sore of Roses, and Barly-water, is very good to gargle the Mouths and Mouth and Throat of those that have Sores and Ulcers in Throats, Ulcers them, and will quickly heal them. The same Lotion also and Cankers, cleanseth and healeth all other foul Ulcers and Cankers Wind, Worms,

Stinking breath. else-where if they be washed therewith. The seed is especially used to break and expel wind, to kill Worms, and to help a stinking breath. The Root is effectual to all the purposes aforesaid, and is held to be stronger in Operation than the Herb, but especially to open Obstructions and to rid away any Ague; if the Juyce thereof be taken in VVine, or the Decoction thereof in VVine be used.

Sope-wort, or Bruise-wort.

Descrip.] The Root creepeth under ground far & near, with many Joynts therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places many weak round stalks, full of Joynts, set with two Leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campian Leaves, seldome having any branches from the sides of the Stalks, but set with divers Flowers at the top standing in long husks like the wild Campions, made of five Leaves apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, sometimes paler; of a reasonable good scent.

Place.] It groweth wild in many low and wet Grounds of this Land, by the Brooks and sides of running VVaters.

Time.] It flowreth usually in *July*, and so continueth all *August*, and part of *September*, before they be quite spent.

Government and Vertues.] Venus owns it. The Countrey people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut, to heal them. *Cut Fingers* provokes Urine, up again. Some make great boast thereof, th it is *Diureticke* to provoke Urine, and thereby to expel Gravel and the *ant Stone*, stone in the Reins or Kidneys, and do also account it singular good to avoid the Hydropical VVaters, thereby to Cure the Disease of the Dropsie. And they no less extol it to perform an absolute Cure in the French-Pox more than either *Sarsaparilla*, *Guajacum*, or *China* can do, which how true it is, I leave others to judge.

Sorrel.

*O*Ur ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

Government and Vertues.] It is under the Dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and heat of Blood in Agues Pestilential or Cholerick, or Cooleth Inflammations, and Sicknes and Fainting, rising from heat, and to refresh the heat of Blood, over spent Spirits with the Violence of Furious or Fiery Agues, quench fits of Agues, to quench Thirst, and procure an Appetite in Thirst, provoke fainting or decayed Stomachs: For it resisteth the putrefaction of the Blood, killeth VVorms, and is a Cordial to the Heart, which the Seed doth more effectually, being more

more drying and binding, and thereby stayeth the hot Fluxes Courses of VVomens Courses, or of humors in the Bloody-flux, or flux Fluxes of the Stomach. The Roots also in a Decoction, or in Powder, Poyson is effectual for all the said purposes. Both Roots and Seed as Jaundice, well as the Herb, is held powerful to resist the Poyson of the Inward Ul-Scorpion. The Decoction of the Roots is taken to help the cers, Itch, Jaundice, and to expel Gravel and the Stone in the Reins or Tettors and Kidneys. The Decoction of the Flowers made with Wine and ring worms. drunk, helpeth the Black Jaundice, as also the inward Ulcers Kernels in of the Body or Bowels. A Syrup made with the Juyce of Sor-the Throat, rel and Fumitory, is a Sovereign help to kill those sharp hu-^{scure} mouths, mors that cause the Itch. The Juyce thereof with a little Vi-^{Imposthume}, negar serveth well to be used outwardly for the same cause, Boyl or and is also profitable for Tettors, Ring-worms, &c. It helpeth Plague sore. also to discuss the Kernels in the throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Coléwort Leaf, and roasted under the Embers, and applied to a hard Imposthume, Botch, Boyl, or Plague-sore, do both ripen and break it. The distilled Water of the Herb is of much good use for all the purposes aforesaid.

Wood-Sorrel.

Descript.] **T**His groweth low upon the ground, having a number of Leaves coming from the Root, made of three Leaves like a Trefoyl, but broad at the ends, and cut in the middle, of a faint yellowish green colour, every one standing on a long foot stalk, which at their first coming up, are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish, and yielding a Juyce which will turn red when it is clarified, and maketh a most dainty clear Syrup. Among these Ltaves rise up divers slender, weak foot-stalks, with every one of them a Flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, & in some dash'd over with a small shew of a blewish on the back-side only. After the flowers are past follow small round Heads, with small yellowish Seed in them. The Roots are nothing but small strings fastned to the end of a small long piece, all of them being of a yellowish colour.

Place.] It groweth in many places of our Land, in VVoods and VVood-sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

Time.] It flower in April and May.

Government and Vertues.] Venus owns it. Wood-sorrel serveth to all the purposes that the other Sorrels do, and is more effectual in hindering the putrifaction of Blood, and Ulcers in the mouth and Ulcers, Infla-Body, and in cooling and tempering heats and Inflammations, pro-^{ons}, to quench Thirst, to strengthen a weak Stomach, to pro-cure appetite. cure an Appetite, to stay Vomiting, and very excellent in

any

Pestilential any contagious sickness, or pestilential Feavers. The Syrup *Feavers*, hot made of the Juyce is effectual in all the cases aforesaid; and for *Swellings*, is the Distilled Water of the Herb also. Spunges or Linnen *Canker* or Cloaths wet in the Juyce; and applied outwardly to any hot *Ulcer in the* Swellings or Inflammations, doth much cool and help them. *Mouth*, The same Juyce taken, and gargled in the Mouth, and after it *wounds* or is spit forth, fresh taken, doth wonderfully help a foul stinking *Scabs*, De- Canker or Ulcer therein. It is singular good in Wounds, *fluxions*. Thrusts and Stabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot De- fluxions into the Throat or Lungs.

Sow-Thistles.

Sow-Thistles are generally so well known, that they need no Description. *Place.*] They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-ways.

Government and Virtues.] This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and somewhat binding, and are very fit to cool an hot stomach, and to ease the gnawing pains thereof. The herb boiled in Wine is very helpful to stay the dissolution of the Stomach; and the milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short-winded, and have a Wheesing withal. *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking breath. Three spoonfuls of the Juyce thereof taken in white wine warmed, and some Oyl put thereto, causeth Women in Travel to have so easie and speedy Delivery, that they may be able to walk presently after. The said Juyce taken in warm drink, helpeth the Strangury and pains in making water. The Decoction of the Leaves and stalks, causeth abundance of Milk in Nurses, & their Children to be well coloured, and is good for those whose Milk doth curdle in their Breasts. The Juyce boiled or thoroughly heated with a little Oyl of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, Singings, and all other Diseases in them. The Herb bruised or the Juyce, is profitable applied to all hot Inflammations in the Eyes, or wheresoever else, and for Wheals, Blisters, or other the like Eruptions or heat in the Skin: as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of Humors in the secret parts of Man or Woman. The distilled water of the herb is only effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach will not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderful good for women to wash their Faces therewith, to clear the skin, and give a lustre thereto.

Southernwood.

Southernwood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof. *Time.*] It flowreth for the most part in *July* and *August*.

Government and Vertues.] It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the seed bruised, heated in warm water and drunk, helpeth those that are Bursten, or troubled with Cramps or Convulsions of the Sinews, *Bursten, Cramps,* the *Sciatica*, or difficulty in making Water, and bringeth and Convulsions, down Womens Courses. The same taken in Wine is an Anti-*Sciatica*, *strangote*, or Counter-Poyson against all deadly Poyson, and gury, Womens driveth away Serpents, and other Venemous Creatures: *courses*, Poy- as also the smell of the Herb being burnt, doth the same. *sons, Agues, In-* The Oyl thereof anointed on the back-Bone before the *flamed Eyes*, Fits of Agues come, taketh them away: it taketh away *Pimples, Pushees,* Inflammation of the Eyes, if it be put with some part of *and Wheals*, a roasted Quince, and boiled with a few crums of bread *Worms, Splin-* and applied. Boiled with Barly-meal it taketh away *Pim- zers and Thorns,* *ples, Pushees or Wheals* that arise in the Face or other parts *old Ulcers, sores* of the Body. The seed as well as the dried Herb is often *in the Privities,* given to kill the Worms in Children: The Herb bruised *baldeynes, French-* and laid to, helpeth to draw forth splinters and thorns out *Pox, Stone,* of the Flesh. The ashes thereof drieth up and healeth old *Spleen and* *Ulcers* that are without Inflammation, although by the *Mother.* sharpness thereof it biteth sore, and putteth them to sore pains: as also the Sores in the privy parts of Man or Woman. The ashes mingled with old Salid Oyl, helpeth those that have hair fallen, and are bald, causing the hair to grow again either on the head or beard. *Durantes* saith, That the Oyls made of Southernwood, and put among the Oyniments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the herb is said to help them much that are troubled with Stone, as also for the Diseases of the Spleen and Mother. The *Germans* commend it for a singular wound-herb, and therefore call it *Stabwort*. It is held by all *VVriters*, Ancient and Modern, to be more offensive to the Stomach than *VVormwood*.

Spignel.

Descript.] **T**he Roots of common Spignel do spread much and deep in the Ground, many strings or branches growing from one Head, which is hairy at the top, of a blackish brown colour on the out-side, and white within, smelling well, and of an Aromatical taste, from whence rise sundry long-stalks of most fine cut Leaves like hairs, smaller then Dill, set thick on both sides of the Stalks, and of a good scent. Among these Leaves

rise up round stiff stalks, with few Joynts and leaves on them, and at the tops an umble of fine pure white Flowers. At the edges whereof some times will be seen a shew of reddish blewish colour, especially before they be full blown, and are succeeded by small somewhat round seed, bigger than the ordinary Fennel, and of a brown colour, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

Place.] It groweth wild in Lancashire, York-shire, and other Nothern Countreys, and is also planted in Gardens.

Government and Vertues.] It is an Herb of Venus. Galen Provoke Urine, saith, The Roots of Spignel are available to provoke Urine, and Womens and Womens Courses, but if too much thereof be taken Courses, Stran- it causeth Head-ach: The Roots boyled in VVine or VVagury, pain in the ter and drunk, helpeth the Strangury, and stoppings of Stomach, Mo- the Urine, the Wind, swellings and pains in the Stomach, ther, Joynt- pains of the Mother, and all Joynt-Aches. If the Powder aches, Tough of the Roots be mixed with Honey, and the same taken as Flegm, Veno- a licking Medicine, it breaketh tough Flegm, and dryeth mous Creatures. up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging or biting of any Venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes for the same.

Spleen-wort, or Ceterach.

Descript.] **T**HE smooth Spleen-wort from a black, threddy, and Bushey root sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, each division being not alwayes set opposite unto the other, cut between each, smooth and of a light green on the upper-side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

Place.] It groweth as well upon Stone Walls as moist and shadowy places about Bristol, and other the West parts plentifully; as also on Farmingham, Castle, on Beconsfield Church in Bark-shire, at Strowde in Kent, and elsewhere and abideth green all the VVinter.

Government and Vertues.] Saturn owns it. It is generally used against infirmities of the Spleen, it helpeth the Strangury, and wasteth the Stone in the bladder, and is good against the yellow-ry stone, yellow- Jaundice and the Hiccough; but the Juyce of it in VVomen Jaundice, Run- hindreth conception. Mathiolus saith, That if a dram of the dust that is on the back-side of the Leaves, be mixed Reins, Melan- with half a dram of Amber in Powder and taken with the choly Diseases. Juyce of Purslane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boyled and taken, helpeth all Melancholy Diseases, and those especially that arise from the French Disease. Camerarius saith, That the Distilling Water thereof being drunk. is very effectual against the stone in the Reins

and Bladder: and that the Lye that is made of the Ashes thereof being drunk for some time together, helpeth splenetick persons: It is used in outward Remedies for the same purpose.

Star-Thistle.

Descript.] **A** Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the edges somewhat deeply, into many almost even parts, soft or a little wolly all over the green, among which rise up divers weak stalks parted into many Branches, all lying or leaning down to the Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the tops, where severally do stand long & small whitish green Heads, set with sharp and long white prickles (no part of the Plant being else prickly) which are somewhat yellowish: out of the middle whereof riseth the Flower composed of many small reddish purple threds; and in the Heads after the Flowers are past, come small whitish round seed lying down as others do. The Root is small, long and woody, perishing every year, and rising again of its own sowing.

Place.] It groweth wild in the Fields about London in many places, as at Mile-end-Green, in Finsbury-Fields beyond the Wind-Mills, and many other places.

Time.] It flowreth early, and seedeth in July, and sometimes in August.

Government and Vertues.] This, as almost all Thistles, are under Mars. The Seed of this Star-Thistle made into Provokes Urine, Powder, and drunk in Wine, provoketh Urine, and help- Stone, Plague, eth to break the Stone, and driveth it forth. The Root in Fistula, French-Powder and given in Wine and drunk, is good against the Pox, Obstruction, Plague or Pestilence, and drnnk in the morning fasting for ons, Agues: some time together, is very profitable for a Fistula in any part of the Body. *Baptista Sardus* doth much commend the distilled water hereof being drunk, to help the French Disease, to open Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitably given against Quotidian or Tertian Agues.

Straw-berries.

These are so well known through this Land, that they need no Description.

Time.] They flower in May ordinarily, and the Fruit is ripe shortly after.

Government and Vertues.] *Venus* owns the Herb. Straw-berries when they are green, are cold and dry, but when Cool the Liver they are ripe they are cold and moist: the Berries are ex- Spleen and Stomach good to cool the Liver, the Blood and the Spleen, mach, Quench an hot cholerick Stomach; to refresh and comfort the Thirst, inflam- ming Spirits, and quench Thirst: they are good also maions, pro- for other inflammations, yet it is not amiss to refrain vok Urine, stay from

the Bloody- from them in a Feaver, left by their putrifying in the Stomach
flux, and they encrease the Fits. The Leaves and Roots boiled in Wine
Womens and Water and drunk, do likewise cool the Liver and Blood,
Courses, and assuage all Inflammations in the Reins and Bladder, pro-
Panting of voke Urine, and allay the Heat and sharpness thereof. The
the Heart, same also being drunk, stayeth the Bloody-flux, and VVomens
Yellow Courses, and help the Swellings of the Spleen. The VVater of
Jaundice: the Berries carefully Distilled, is a Sovereign Remedy and
Ulcers, fore Cordial in the panting and beating of the Heart, and is good
Mouths, for the Yellow Jaundice. The Juyce dropped into foul Ulcers;
or Ulcers or they washed therewith, or the Decoction of the Herb and
in the Pri- Root doth wonderfully cleanse and help to Cure them. Lo-
vities, loose tions and Gargles for sore Mouths, or Ulcers therein, or in
Teeth, Ca- the Privy parts, or else-where, are made with the Leaves and
tarrhs, De- Roots thereof; which is also good to fasten loose Teeth, and
fluxions, to heal spongy foul Gums. It helpeth also to stay Catarrhs
inflamed or Defluxions of Rhewm into the Mouth, Throat, Teeth or
Eyes, Eyes. The Juyce or Water is singular good for hot and red in-
Pulhes and flamed Eyes, if dropped into them, or they bathed therewith.
wheales, It is also of excellent property for all Pusches, VVheals, and
red Face, other breakings forth of hot and sharp Humors in the Face and
deformities Hands, or other parts of the Body to bath them therewith; and
in the skin, to take away any redness in the Face, or Spots, or other De-
Films over formities in the Skin, and to make it clear and smooth. Some
the Eyes. use this Medicine; Take so many Straw-berries as you shall
think fitting, and put them into a Distillatory or Body of
Glas fit for them, which being well closed, set it in a Bed of Horse-dung
for your use. It is an excellent VVater for hot inflamed Eyes, and to take a-
way any film or skin that beginneth to grow over them, and for such other
defects in them as many be helped by any outward Medicine.

Succory.

Descrip.] **T**He Garden Succory hath longer and narrower Leaves than En-
dive, and more cut in or torn on the edges, and the Root abideth
many years. It beareth also blue Flowers like Endive, and the Seed is hardly dis-
tinguished from the Seed of the smooth or ordinary Endive.

The Wild Succory hath divers long Leaves lying on the Ground, very much cut
in or torn on the edges, on both sides even to the Middle Rib ending in a point.
Sometimes it hath a red Rib down the middle of the Leaves, from among which
riseth up a hard, round, woody Stalk, spreading into many Branches, set with
smaller and lesser divided Leaves on them up to the Tops, where stand the Flow-
ers which are like the Garden kind, as the Seed is also (onely take notice that
the Flowers of the Garden kind are gone in one Sunny day, they being so cold,
that they are not able to endure the beams of the Sun, and therefore most delight
in the shadow.) The Root is white, but more hard and woody than the Garden
kind. The whole Plant is exceeding bitter.

Place.]

Place] This groweth in many places of our Land; in waste, untilled and barren Fields. The other only in Gardens.

Government and Vertues.] It is an Herb of Jupiter. Garden Succory, as it is more dry, and less cold than Endive, so it openeth more. An handful of the Leaves or Roots boiled in VVine Cholerick and Fleg- or VVater, and a draught thereof drunk fasting driveth matrick Humors, Ob- forth Cholerick and Flegmatick Humors, openeth Obstru- structions, Yellow ctions of the Liver, Gall and Spleen; helpeth the yellow Jaundice, hot Reins Jaundice, the Heat of the Reins, and of the Urine; the and Urine, Dropfie, Dropfie also, and those that have an evil disposition in Agues, Passions of their Bodies, by reason of long sickness, evil diet &c. the Heart, Head- which the Greeks call *Cachexia*. A Decoction ach, Swellings and thereof made with the Wine and drunk, is very effectual Inflammations St. against long lingering Agues; and a dram of the Seed in Anthony's-Fire, Powder drunk in Wine before the Fit of the Ague, help- Pusles, Weals and eth to drive it away. The distilled Water of the Herb and Pimples, Inflamed Flowers (if you can take them in time) hath the proper- Eyes, to much Milk- ties, and is especial good for hot Stomachs, and in A- gues, either Pestilential, or of long continuance, for Swoonings and Passions of the Heart, for the Heat and Head-ach in Children, and to the Blood and Liver. The said Water, or the Juyce, or the bruised Leaves applied outwardly, allay Swellings, Inflammations, St. Anthony's-fire, Pusles, Wheals and Pimples, especially used with a little Vinegar; as also to wash pesti- ferous Sores. The said Water is very effectual for sore Eyes that are Inflamed with redness, and for Nurses Breasts that are pained by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, or Small Houseleek.

Descript.] It groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.

Place.] It groweth upon the Stone-walls, and Mud-walls, upon the Tiles of Houses and Pent-Houses, and amongst Rubbish, and in other gravelly places.

Time.] It flowreth in June and July, and the Leaves are green all the Winter.

Government and Vertues.] It is under the Dominion of the Moon, cold quality, and something binding, and therefore very good to ay Defluxions, especially such as fall upon the Eyes. It Binds, stay De- ops, Bleeding both inward and outward, helps Cankers fluxions, Bleed- and

ding Stops, Cankers, and all fretting Sores and Ulcers; it abates the Heat of Sores, Ulcers, Cholera, Cholerick, Humors: It expels Poysons much, resisteth pe- mors, Poyson, Pestilential Feavers, being exceeding good also for Tertian leni Feavers, Tertian Agues, you may drink the Decoction of it if you please an Agues, Kings- for all the fore-going Infirmities: It is so harmless an Evil, Knots and Herb, you can scarce use it amiss; being bruised and applied to the place it helps the Kings-Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

English Tobacco.

Descrip] **T**His riseth up with a thick round Stalk about two foot high, whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The Stalk brancheth forth, and beareth at the tops divers Flowers set on green Husks, like the other, but nothing so large; scarce standing about the brims of the Husks, round pointed also, and of a greenish yellow colour. The Seed that followeth is not so bright, but larger, contained in the like great heads. The Roots are neither so great nor Woody, and perishing every year with the hard Frosts in Winter, but riseth generally of its sowing.

Place.] This came from some parts of *Brasile*, as is thought, and is more familiar in our Countrey than any of the other sorts; early giving ripe Seed, which the other seldom do.

Time.] It flowreth from *June*, sometimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

Government and Vertues.] It is a Martial Plant. It is found by good experience to be available to expectorate tough Flegm from the Stomach, Chest and Lungs. The Juyce thereof made into a Syrup, or the distilled water of the Herb drunk with some Sugar, or without if you will, or the smoke taken by a Pipe, as is usual, but fasting; the same helpeth to expel Worms, the Bowels, Gravel and Stone, in the Stomach and Belly, and to ease the pains in the Wind, Mother, Head, or Meagrim, and the griping pains in the Bowels. Tooth-ach, Kings-Evil, Venomous Creatures, Ague, Urine, and to expel Gravel and the Stone ingendred there. Cramps & Aches, in, and hath been found very effectual to expel winding Sciatica, Itch, and other Humors which cause the strangling of the Scabs and Ulcers ther. The Seed hereof is very effectual to expel the Tooth-ach, and the ashes of the burnt Herb, to cleanse the Gums, Sores, Lice, fresh and make Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil, helpeth it as a Counter-Poyson against the biting of any Venomous Creature.

Creatures; the Herb also being outwardly applied to the hurt place. The distilled VVater is often given with some Sugar before the fit of an Ague to lessen it, and take it away in three or four times using. If the distilled Feeces of the Herb having been bruised before the Distillation, and not distilled dry, be set in warm Dung for fourteen dayes, and afterwards hung up in a Bag in a Wine Celler; the Liquor that distilleth therefrom, is singular good to use for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs and running Ulcers, Cankers and foul Sores whatsoever. The Joyce is also good for all the said griefs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green wound, cureth any fresh wound or cut whatsoever: and the Joyce put into old Sores, both cleanseth and healeth them. There is also made hereof, a singular good Salve to help Imposthumes, hard Tumors and other Swellings by Blows or Falls.

The Tamarisk Tree.

It is so well known in the places where it grows, that it needeth no Description.

Time.] It flowreth about the end of May, or in June; and the Seed is ripe and blown away in the beginning of September.

Government and Verrues.] As gallant a *Saturnine* Herbit is, If the Root, Leaves or young Branches be boiled in Wine or Vinegar, and drunk, and applied outwardly, it is very powerful *Spleen, Hemorrhoids*, against the hardness of the Spleen. The Leaves boiled *spitting Blood, Women* in VVine and drunk, is good to stay the Bleeding of the *mens Courses, Jaundice* Hemorrhoidal Veins, the spitting of Blood; & VVomens *dice and Cholick, Vento* too abounding Courses, and helpeth the Jaundice, the *nom, Serpents; Tooth* Cholick and the biting of all Venomous Serpents, except *ach, pain in the Ears*, the Asp. The Bark is as effectual, if not more to all the *Watering Eyes, Gang* purposes aforelaid, and both it and the Leaves boiled *greanes, and Ulcers*, in wine, and the Mouth and the Teeth washed therewith *Nits & Lice, Spleen*, with helpeth the Tooth-ach; being dropped into the *Burning and Scald* Ears easeth the pains, and is good for the redness and *ing, French Pox, Le* watering of the Eyes: The said Decoction with some *prosie and Scabs, drop* Honey put thereto, is good to stay Grangreens and fret- *sie, Melancholy, Black* ting Ulcers, and to wash those that are Subject to Nits *Jaundice* and Lice. The VVood is very effectual to consume the

Spleen, and therefore to drink out of Cups and Cans made thereof, is good for Splenetick persons. The ashes of the VVood are used for all the purposes aforelaid; and besides, doth quickly help the Blisters raised by Burnings or Scaldings by Fire and VVater. *Alpinus and Veslingius* do affirm, That the *Aegyptians* do with as good success use the VVood hereof to cure the *French Disease*, as others do *Lignum Vitæ* or *Guaiacum*; and give it also to such as are possessed with Leprosie, Scabs, Pushtes, Ulcers or the like; and is available also to help the Dropsie, arising from the hardness and obstruction of the Spleen, as also for Melancholy, and the black Jaundice that ariseth thereof.

Garden-Tansie.

Garden Tansie is so well known, that it needeth no Description.
Time.] It flowreth in *June* and *July*.

Government and Vertues.] Dame *Venus* was minded to pleasure Women with Child by this Herb, for there grows not an Herb fitter for their use than this is; it is, just as though it were cut out for the purpose: The Herb bruised and applied to the Navel stays Miscarriages, I know no Herb like it for that use: Boiled in ordinary Beer, and the Decoction drunk doth the like; and if her Womb be not as she would have it, This Decoction will make it as she would have it, or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also, it consumes the Flegmatick Humors, the cold and moist constitution of Winter most usually infects the Body of Man with, and that was the first reason of eating Tansies in the Spring; at last the World being over-run with Popery, a Monster called Superstition perks up his Head, and as a just Judgment of God, obscures the bright Beams of Knowledge by his dismal looks, (Physitians seeing the Pope and his Impish self, they began to do so too, and now forsooth Tansies must be eaten only on Palm and Easter Sundays, and their Neighbour days: At last Superstition being too hot to hold, and the selfishness of Physitians walking in the Clouds; after the Fryers and Monks had made the people Ignorant; the Superstition of the time was found out, but the Vertue of the Herb hidden, and now 'tis almost, if not altogether, left off. Surely our Physitians are beholding to none so much as they are to Monks and Fryers: for want of eating this Herb in Spring, maketh people sickly in Summer; and that makes work for the Physitian. If it be against any Man or Womans Conscience to eat a Tansie in the Spring, I am as unwilling to burthen their Consciences, as I am that they should burthen mine: They may boyl it in Wine, and drink the Decoction, it will work the same effect. The Decoction of the common Tansie, or the Juyce drunk in Wine, is a singular Remedy for all the Grievs that come by stopping of the Urine, helpeth *Dysury, strangury*, eth the Strangury and those that have weak Reins and Reins, Kidneys, Kidneys: It is also very profitable to dissolve and expel Wind, womb, mis- Wind in the Stomach, Belly or Bowels, to procure Womb carriage, stone, mens Courses, and expel windiness in the Matrix, if it be bruised and often smelled unto, as also applied to the lower part of the Belly. It is also very profitable for such *Cramps*.

Women as are given to Miscarry in Child-bearing, to cause them to go out their full time: It is used also against the Stone in the Reins especially to Men. The Herb fryed with Eggs (as is accustomed in the Spring time) which is called a Tansie, helpeth to Digest, and carry downward those bad Humors, that trouble the Stomach: The Seed is very profitably given to Children for the Worms, and the Juyce in drink is an effectual. Being boiled in Oyl, it is good for the sinews shrunk by Cramps, or pained with cold, if thereto applied.

Wild

Wild Tanfie, or Silver-Weed.

THis also is so well known that it needeth no Description.
Place.] It groweth almost in every place.

Time.] It flowreth in June and July.

Government and Vertues.] Now Dame Venus hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty; and what more can be expected of her? What now remains for you but to love your Husbands, and not to be wanting to your poor Neighbours! Wild Tanfie stayeth the Lask, and all the Fluxes of Blood in Men or Women, which some say it will doif Flux, Terms, the green Herb beworn in the shoes, so it be next the Skin; stops Vomiting and 'tis true enough that it will stop the Terms if worn so, of Blood, whites, and the Whites too, for ought I know. It stayeth also spit- Ruptures, Belly ting or Vomiting of Blood. The Powder of the dried Herb ach, Seiatica, taken in some of the distilled Water, helpeth the whites in Joyns, Tooth-women, but more especially if a little Coral and Ivory in ach, Loose Teeth Powder be put to it: It is also much commended to help Gums, Ulcers Children that are Bursten, and have a Rupture, being boil- in the Mouth, ed in water and Salt. Being boiled in wine and drink, it Wounds, sore- easeth the griping pains of the Bowels, and is good for the Legs, Pimples, Sciatica and Joint-aches. The same boiled in Vinegar, Freckles, Sun- with Honey and Allum, and gargled in the Mouth, easeth burning. the pains of the Tooth-ach, fastneth loose Teeth, helpeth the Gums that are sore, and setleth the Palate of the Mouth in its place when it is fallen down: it cleanseth and healeth the Ulcers in the Mouth or secret Parts, and is very good for inward wounds, and to close the Lips of green wounds: as also to heal- old, moist, corrupt running Sores in the Legs or elsewhere: Being bruised and applied to the Soles of the Feet, and Handwrists it wonderfully cooleth the hot fits of Agues, be they never so violent. The distilled water cleanseth the skin of all discolourings therein, as Morpew, Sun-burning, &c. as also Pimples, Freckles, and the like; and dropped into the Eyes or Cloaths wet therein and applied, taketh away the Heat and Inflammations in them.

Thistles.

OF these are many kinds growing here in England, which are so well known, that they need no Description: Their difference is easily known by the places where they grow: viz.

Place.] Some grow in Fields, some in Meadows, and some among the Corn: others on Heaths, Greens, and waste Grounds in many places.

Time.] They all flower in June and August, and their Seed is ripe quickly after.

Government and Vertues.] Sure Mars rules it. it is such a prickly business. All these Thistles are good to provoke Urine, and to amend the stinking smell thereof; as also the rank smell of the Dysury.

stinking
Breath,
Stomach.

speedily.

Armpits, or the whole Body, being boiled in wine and drunk, and are said also to help a stinking Breath, and to strengthen the Stomach. Pliny saith, That the Juyce bathed on the place that wanteth Hair, it being fallen off, will cause it to grow again

The Melancholy Thistle.

Descript.] **I**t riseth up with tender single hoary green Stalks, bearing thereon four or five long hoary green Leaves, dented about the edges, the points thereof are little or nothing prickly, and at the top usually but one head yet sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly & somewhat prickly, with many reddish purple thrums or threads in the middle, which being gathered fresh will keep the colour a long time, & fadeth not from the Stalk in a long time, while it perfecteth the Seed, which is of a mean bigness lying in the Down. The Root hath many long Strings fastned to the Head, or upper part, which is blackish and periseth not.

There is another sort little differing from the former, but that the Leaves are more green above, & more hoary underneath, & the Stalk being about two foot high, beareth but one scaly head, with threads, and Seeds as the former.

Place.] They grow in many moist Meadows of this Land, as well in these Southern, as in the Northern parts.

Time.] They flower about July or August, and their Seed ripeneth quickly after.

Government and Vertues.] 'Tis under Capricorn, and therefore under both Saturn and Mars, one rideth Melancholy by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for the

Decoction of the Thistle in VVine being drunk, expels superfluous Melancholy out of the Body, and makes a Man as merry as a Cricket; superfluous Melancholy cureth care, fear, sadness, despair, envy and many evils more besides; but Religion teacheth to wait upon Gods Providence, and cast our care upon him, who careth for us: VVhat a fine thing were it if Men and VVomen could live so, and yet seven years care and fear makes a Man never wiser, nor a farthing the richer. Dioscorides saith. The Root born about one doth the like, and removes all Diseases of Melancholy. Modern Writers laugh at him: let them laugh that win: My Opinion is, That 'tis the best Remedy against all Melancholy Diseases that grows: They that please may use it.

Our Ladies Thistle.

Descript.] **O**ur Ladies Thistle hath divers very Large and broad Leaves lying on the Ground, cut in, and as it were crumpled but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and streaks of a milk white colour running all over; and set with many

many sharp & stiff prickles all about: among which riseth up one or more strong, round & prickly Stalks, set full of the like Leaves up to the top, where at the end of every Branch, come forth a great prickly Thistle-like head, strongly armed with prickles, and with bright purple thrums rising out of the middle of them; after they are past, the Seed groweth in the said Heads, lying in a great deal of soft white Down, which is somewhat flattish and shining, large and brown. The Root is great, spreading in the Ground, and many Strings and small Fibres fastned thereunto. All the whole Plant is bitter in taste.

Place.] It is frequent on the Bank of almost every Ditch.

Time.] It flowreth and seedeth in June, July and August.

Government and Vertues.] Our Ladies Thistle is under Jupiter, and thought to be as effectual as Carduus Benedictus for Agues, and to prevent and Cure the Infection of the Plague, as also to open Obstructions of the Liver and Spleen, and thereby is good against Agues, Plague, the Jaundice: It provoketh Urine, breaketh and expelleth Obstructions, the Stone, and is good for the Dropisie: It is effectual also Liver, Spleen, for the Pains in the Sides, and many other inward Pains dropisie, Stitches and Gripings: The Seed and distilled Water are held powerful in the Sides, Liver, and to all the purposes aforesaid: and besides, it is often ver. applied both inwardly to drink, and outwardly with Cloaths or Spunges to the Region of the Liver to cool the distemperature thereof and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring if you please to boil the tender plant (but cut off the prickles, unless you have a mind to choak your self) it will change your Blood as the Season changeth, and that's the way to be safe.

The Woolly, or Cotton Thistle.

Descript.] **T**His hath many large Leaves lying on the Ground, somewhat cut in and as it were crumpled on the edges, of a green colour, on the upper-side, but covered over with a long hairy Wood or Cottony Down; set with most sharp and cruel prickles; from the middle of whose heads of Flowers come forth many purplish crimson threads, & sometimes white although but seldom: The Seed that followeth in these white downy Heads is somewhat large and round, resembling the Seed of Ladies-Thistles, but paler: the Root is great and thick, spreading much, yet usually died after Seed-time.

Place.] It groweth on divers Ditch Banks, and in the Corn-fields and high-ways, generally throughout the Land; and is often found growing in Gardens.

Time.] It flowreth and beareth Seed about the end of Summer, when other Thistles do flower and Seed.

Government and Vertues.] It is a Plant of Mars, Dioscorides and Pliny wrote, That the Leaves and Roots hereof taken in Wine, helieth those that

Crick in the Neck, have a Crick in their Neck, that they cannot turn it unless they turn their whole Body. *Galen* saith, That the Roots and Leaves **Spasm, Con-** hereof are good for such Persons that have their Bodies drawn **vulsion,** together by some Spasm or Convulsion, or other Infirmities, as **Rickets.** the Rickets (or the Colledge of Physitians would have it, the *Rachites*, about which Name they have quarrelled sufficiently) in Children; being a Disease that hindereth their growth, by binding their Nerves, Ligaments, and whole structures of their Body.

The Fullers Thistle, or Teasel.

IT is so well known, that it needs no Description, being used with the Cloth-workers.

The Wild Teasel is in all things like the former, but that the prickles are small, soft and upright, not hooked or stiff, and the Flowers of this are of Fine bluish, or pale cornation colour, but of the manured kind whitish.

Place.] The first groweth, being sown in Gardens or Fields for the use of Cloth-workers: the other near Ditches and Cils of Water in many places of this Land.

Time.] they flower in July and are ripe in the end of August.

Government and Vertues.] It is an Herb of *Venus*. *Dioscorides* saith, That the Root bruised and boyled in Wine till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve and applied to the **Fistulas, warts,** Fundament, doth heal the clefts thereof, as also Cankers, **Clefts, cankers,** and Fistulae therein, and also taketh away Warts and Wens. **Wens, Worms,** The Juyce of the leaves dropped into the Ears killeth **in the Ears,** Worms in them. The distilled Water of the Leaves drop- **Sight, Redness** ped in the Eyes taketh away redness and Mists in them, that **in the face,** hinder the Sight, and is often used by Women to preserve **Inflammation.** their Beauty, and to take away redness and Inflammations and all other heat or discolourings.

Treacle Mustard.

Descript.] **I**T riseth up with a hard round stalk about a foot high, parted into some Branches, having divers soft green Leaves long and narrow set thereon, waved but not cut in on the edges, broadest towards the ends, and somewhat round pointed: the flowers are white that grow at the tops of the Branches, spike fashion one above another; after which come round Ponches, parted in the middle with a furrow, having one blackish brown Seed on either side somewhat sharp in taste, and smelling of Garlick, especially in the fields where it is natural, but not so much in Gardens, the Roots are small and threddy, perishing every year.

Give me leave here to add Mithridate-Mustard, although it may seem more properly by the Name to belong to the Alphabet M.

Methridate

Methridate Mustard,

Descript.] **T**His groweth higher then the former spreading more and longer Branches, whose Leaves are smaller and narrower, sometimes unevenly dented about the edges. The Flowers are small and white growing on long Branches with much smaller and rounder Seed-Vessels after them, and parted in the same manner, having smaller brown Seeds then the former, and much sharper in taste. The Root perisheeth after Seed-time, but abideth the first Winter after the springing.

Place.] They grow in sundry places of this Land, as half a Mile from Hatfield by the River-side under a Hedg as you go to Hatfield, and in the Street of Peckham on Surry side.

Time.] They flower and Seed from May to August.

Government and Vertues.] Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, Purgeth the Body, that it suffocateth the Birth. It breaketh inward Impost-Terms provokes humes, being taken inwardly and used in Clysters, helpeth Imposthumes, the Sciatica: The Seed applied doth the same. It is an Sciatica, Poy- special Ingredient unto Methridate and Treacle, being of son, Venom, Put- action. It is also available in many cases for which the common Mustard is used, but somewhat weaker.

The Black-Thorn, or Sloe-bush.

It is so well known, that it needeth no Description.

Place.] It groweth in every Country, in the hedges and borders of Fields.

Time.] It flowreth in April, and sometimes in March, but ripeneth the fruit after all other Plums whatsoever, and is not fit to be eaten until the Autumna-Frost have mellowed them.

Government and Vertues.] All the parts of the Sloe-bush are binding, cooling and drying, and all effectual to stay bleeding at the Nose and Mouth, or any other place; the Lask of the Belly Binds, Cools, or Stomach, or the Bloody Flux, the too much abounding of Dries, Bleed- Womens Courses, and helpeth to ease the pains of the Sides, ing, Flux. Bowels and Guts, that come by overmuch scouring, to drink the Decoction of the Bark of the Roots, or more usually the Decoction of the Berries either fresh or dried. The Conserve is also of very much use, and more familiarly taken for the purposes aforesaid. But the distilled Water of the Flowers first steeped in Sack for a night, and drawn therefrom by the heat of Balneum, Anglice a Bath, is a most certain Remedy tryed and approved to ease all manner of Gnawings, in the Gnawings in the Stomach, the Sides and Bowels, or any gri- Bowels & Stomach- ing pains in any of them, to drink a small quantity when mac, sore mouth the extremity of pain is upon them. The Leaves also and Throat.

are good to make Lotions to gargle and wash the Mouth and Throat, where in are Swellings, Sores, Kernels, and to stay the Defluxions of Rheum to the Eyes or other parts, as also to cool the Heat and Inflammations of them and to ease hot pains of the Head, to bathe the Fore-head and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate Juyce of the Sloes. The distilled Water of the green Berries is used also for the said effects.

Thorough-wax, or Thorough-leaf.

Descript.] Common Thorough-wax sendeth forth one straight round Stalk, and sometimes more, two foot high or better, whose lower Leaves being of a blewish green colour, are smaller and narrower than those upper, & stand close thereto, not compassing it; but as they grow higher they do more, and more encompass the Stalks, until it wholly (as it were) pass through them, branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any Joynt. The Flowers are very small and yellow, standing in tufts at the Heads of the Branches, where as the Roots grow the Seed, being blackish, many thick thrust together. The Root is small, long and woody, perishing every year after Seed-time, and rising again plentifully of its own sowing.

Place.] It is found growing in many Corn-fields, and Pasture-grounds, in this Land.

Time.] It flowreth in July, and the Seed is ripe in August.

Government and Vertues.] Both this and the former are under the Influence of Saturn. Thorough-wax is of a singular good use for all sorts of Bruises and Wounds either inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with Water and wine be drunk, and the places washed therewith, or the Juyce or green Wounds, Herb bruised or boiled either by it self, or with other Herbs in Ulcers, Oyl or Hogs-grease to be made into an Oyntment to serve all the Ruptures, year. The Decoction of the Herb, or Powder of the dried Navels Herb taken inwardly, and the same, or the Leaves bruised and sticking applied outwardly is singular good to cure Ruptures, and Burstings, especially in Children, before it be too old. Being applied out. with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

Time.

IT is in vain to describe an Herb so commonly known.

Government and Vertues.] It is a notable strengthener of the Lungs, as notable an one as grows; neither is there scarce a Lung, Clin-cough, better Remedy growing for that Disease in Children Flegm, shortness of which they commonly call the Clin-cough, than it break Worms, Terms is. It purgeth the Body of Flegm, and is an excellent provokes, safe and Remedy for shortness of Breath. It kills Worms in speedy Delivery to the Belly; and being a notable Herb of Venus, pro-

vokes the Terms, gives safe and speedy Delivery to Women in Travel, Af- Women in Travel, and brings away the After-birth. *ter-birth, hot Swel-* It is so harmless, you need not fear the use of it. An *lings. Warts, Sciatica,* Oyntment made of it, takes away hot swellings and *Sight, Spleen, Gout,* Warts, helps the Sciatica and dulness of Sight, takes Cods swelled, *Loyns* away the pains and hardness of the Spleen; 'tis ex- and *Hips, Stomach,* cellent good for those that are troubled with the Gout, *expel Wind.* as also to anoint the Cods that are swelled. It easeth pains in the Loins and Hips. The Herb taken any way inwardly comforts the Stomach much, and expels Wind.

Wild Time, or Mother of Time:

Vild Time also is so well known that it needs no Description. *Place.]* it may be found commonly in Commons, and other barren places throughout the Nation.

Government and Vertues.] This also is under the Urine provokes, Terms Dominion of *Venus*, though under the Sign of *Aries*, provokes, Pain and and therefore chiefly appropriated to the Head. It Gripping of the Belly, provoketh Urine and the Terms, & easeth the gripping Cramps, Ruptures, In-pains of the Belly, Cramps, Ruptures, and Inflammations, Liver, ons of the Liver. If you make a Vinegar of the Herb as Pains of the Head, Vinegar of Roses is made, you may find out the way Frenzies, Lethargies, in my Translation of the London Dispensatory, and Blood, Coughing, Vo-anoint the Head with it, it presently stops the pains miting, Head streng- thereof. It is excellent good to be given either in a *theneib, Stomach,* Frenzy or Lethargy, although they are two contrary Reins, *Womb, Wind,* Diseases. It helps spitting and pissing of Blood, Cough- Stone. ing and Vomiting, it comforts and strengthens the Head, Stomach, Reins and Womb, expels VVind, and breaks the Stone.

Tormentill, or Setfoyl.

Descript.] **T**His hath many reddish slender weak Branches rising from the Root, lying upon the Ground, or rather leaning than standing upright with many short Leaves that stand closer to the Stalks than Cinquefoyl do (with this is very like) with the Foot-stalk encompassing the Branches in several places, but those that grow next to the Ground are set upon long Foot-sticks, each whereof are like the Leaves of Cinquefoyl, but somewhat long and lesser, & dented about the edges, many of them divided but into five Leaves, but most of them into sevens, whence it is also called Setfoyl: yet some may have six, & some eight according to the fertility of the Soyl. At the tops of the Branches stand divers small yellow Flowers consisting of five Leaves, like those of Cinquefoyl, but smaller. The Root is smaller than Bistort, somewhat thick but blacker without, and not so red within, yet sometimes a little crooked, having many blackish Fibres thereat. *Place.]* It groweth as well in VVoods and shady places, as in the open Cham-

Champion Country, about the borders of Fields in many places of this land, and almost in every Broom-Field in *Essex*.

Time.] It flowreth all the Summer long.

Government and Vertues.] This is a gallant Herb of the *Sun*. Tormentil

<p><i>Flux,</i> <i>Bleeding,</i> <i>Veins cut,</i> <i>Terms</i> <i>stops,</i> <i>Feavers,</i> <i>Pestilence,</i> <i>Small Pox,</i> <i>Measles,</i> <i>Purples,</i> <i>Poyson,</i> <i>Spleen,</i> <i>Blood in-</i> <i>flamed,</i> <i>Liver,</i> <i>Lungs,</i> <i>Yellow-</i> <i>Jaundice,</i> <i>French-</i> <i>Pox,</i> <i>Miscar-</i> <i>riage,</i> <i>Diabetes,</i> <i>Worms,</i> <i>Rupture,</i> <i>Tooth-ach,</i> <i>Wounds,</i> <i>Sores,</i> <i>Hurts,</i> <i>Gout,</i> <i>Scabby</i> <i>Heads,</i></p>	<p>is most excellent to stay all kinds of Fluxes of Blood or Humors in Man or Woman, whether at Nose, Mouth, Belly or any Wound in the Veins or elsewhere. The Juyce of the Herb or Root taken in Drink, not only resisteth all Poison and Venom of any Creature, but of the Plague it self, and Pestilential Feavers and contagious diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the Heart by sweating. If the green Root be not at hand to be had, the powder of the dry Root is as effectual, a dram thereof being taken every morning. The Decoction likewise of the Herb and Roots made in Wine and drink worketh the same effect; and so doth the distilled Water of the Herb and Root being steeped in Wine for a night, and then distilled in <i>Balneo Mariae</i>. The water thus distilled, taken with some Venice Treacle, and the party presently laid to sweat, will certainly (with Gods help) expel any Venom or Poyson, or the Plague, Feaver, &c. for it is an Ingredient of especial respect in all Antidotes or Counter-Poyson. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen or Blood than this, to be taken inwardly, or applied outwardly. The Juyce taken, doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the Yellow Jaundice: some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomings with loathings in the Stomach. The Powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. <i>Andreas Valesius</i> is of opinion, That the Decoction of this Root is no more less effectual to Cure the French Pox than <i>Guajacum</i> or <i>China</i>; and 'tis not unlikely because it so mightily resisteth Putrifaction. <i>Label</i> saith, That <i>Fandelitius</i> used it as <i>Hermodiaetils</i> for Joynt-aches: the Powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured Remedy against Abortion in Women, if it proceed from the over flexibility or weakness of the inward retentive faculty as also a Plaister made therewith, and Vinegar applyed to the</p>
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Reins of the Back doth much help not only this, but also those that can not hold their Water, the Powder being taken in the Juyce of Plantane, and is also commended against the Worms in Children. It is very powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with Pellitory of *Spain* and Allum, and put it into an hollow Tooth, not only asswageth Pain, but stayeth the Flux of Humours which caused it. Tormentil is no less effectual and powerful a Remedy for outward Wounds, Sores and Hurts,

than

than for inward, and is therefore a special Ingredient meet to be used in VVound-drinks, Lotions and Injections for soul corrupt rotten Sores and Ulcers of the Mouth, Secrets or other parts of the Body. And to put either the Juyc or Powder of the Root into such Oyntments, Plaisters, and such things that are to be applied to VVounds and Sores. It also dissolveth all Knots, Kernel and hardnes gathered about the Ears and Throat, and Jaws, and the Kings-Evil, if the Leaves and Roots be bruised and applied theteto. The same also easeth the Pains of the Sciatica or Hip-Gout, by restraining the sharp Humours that flow thereto. The Juyc of the Leaves and the Roots used with a little Vinegar, is also a special Remedy against the Running Sores of the Head or other parts, Scabs also and the Itch, or any such Eruptions in the Skin proceeding of salt and sharp humours. The same is also effectual for the Piles or Hemorrhoids, if they be washed or bathed therewith, or with the distilled water of the Herb and Roots. It is found also helpful to dry up any sharp Rheum that distilleth from the Head into the Eyes, causing redness, pain, waterings, Itching, or the like, if a little prepared Tutia or white Amber be used with the distilled water thereof. Many women use this water as a secret to help themselves and others when they are troubled with too much flowing of the VVhites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only remember the Sun challengeth the Herb.

Turnsole or Heliotropum.

Descript.] **T**HE greater Turnsole riseth up with one upright Stalk, about a foot high, or more, dividing it self almost from the bottom into divers smaller Branches, of a hoary colour, at each joynt of the Stalk & Branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the Stalks and Branches stand many small white Flowers consisting of four, & sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inward like a bowed Finger, opening by degrees as the Flowers blow open; after which in their places come forth corner'd Seed, four for the most part standing together. The Root is small & threddy, perishing every year, & the Seed sheding every year, raiseth it again the next Spring.

Plant.] It groweth in Gardens, and flowreth and seedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain and France, where it grows Plentifully.

Government and Vertues.] 'Tis an Herb of the Sun, and a good one too. Dioscorides saith, That a good hand- Choler, Flegm, full of this, which is called the great Turnsole, boiled in Stone, Disury, water and drunk, purgeth both Choler and Flegm. And Terms provokes boiled with Cummin and drunk, helpeth the Stone in the Gouts, Warts, Reins, Kidnies, or Bladder, provoketh Urine and VVo- Wens, Disflux mens Courses, and causeth an easie and speedy delivery in stures. Child-birth. The Leaves bruised and applyed to places pained with the Gout, or that have been, out of Joynt, and newly set, are full of pain

pain, do give much ease. The Seed and Juyce of the Leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the Body, will by often using take them away.

Meadow Trefoyl, or Honey-suckles.

IT is so well known, especially by the Name of Honey-suckles, white and red, that I need not describe them.

Place.] They grow almost every where in the Land.

Government and Vertues.] Mercury hath Dominion over the common sorts. *Dodeneus* saith, The Leaves and Flowers are good to ease the griping pains of the Gout, the Herb being boiled and used in a Clyster. If the Herb be made into a Pultis, and applied to Inflammations, it will ease them. The Juyce dropped into the Pin and Web, Eyes, is a familiar Medicine with many Country people to take away the Pin and Web (as they call it) in the Eyes, it also allayeth the heat and blood-shooting of them. Country people do also in many places drink the Juyce thereof against biting of an Adder, and having boiled the Herb in Water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boiled in Swines-grease and so made into an Oyntment, is good to apply to the biting of any Venomous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the Share, causeth them to make Water who had it stopt before. It is held likewise to be good for wounds, and to take away Seed. The Decoction of the Herb and Flowers with the Seed and Root taken for Scars, whites, Swellings, Imposthumes.

Venomous Beast, sometimes helpeth Women that are troubled with the Dysury, wounds, of the Herb and Flowers with the Seed and Root taken for Scars, whites, Swellings, Imposthumes. The Seed and Flowers boiled in Water and after made into a Pultis with some Oyl and applied, helpeth hard Swellings and Imposthumes.

Heart Trefoyl.

BESIDES the ordinary sorts of Trefoyl, here are two more remarkable, and one of which may probably be called Heart Trefoyl, not only because the Leaf is triangular like the Heart of a Man but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, viz, a flesh colour.

Place.] It groweth in a Field between Longford and Bow, and also beyond South-wark toward Croydon, both by the High-way and parts adjacent.

Government and Vertues.] It is under the Dominion of the Sun, and if it were used, it would be found as great a *eth, vital Spirit*, strengthener of the Heart, and cherisher of the vital Spirit *Fainting, Swoon-* as grows, relieving the Body against Faintings and Swoonings, *Poyson, Pe-* ings, fortifying it against Poysons and Pestilence, and desilence, *evil Va-* fending the Heart against the noisom Vapors of the Spleen.

four.

Pearl-Trefoyl.

IT differs not from the common sort, save only in this one particular, that it hath a white spot in the Leaf like a Pearl: It is particularly under the Dominion of the Moon, and its Icon sheweth Pin and Web that it is of singular Vertue against the Pearl, or Pin and Web in the Eyes.

Tutsan, or Park-Leaves.

Descript.] **I**T hath many brownish shining round Stalks, crested all the length thereof, rising to be two, and sometimes three foot high, branching forth even from the bottom, having divers Joynts, and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper-side, & of a yellowish green underneath, turning reddish towards Autumn, but abiding on the Branches all the Winter: At the tops of the Stalks & Branches stand large yellow Flowers, and Heads with Seed, which being greenish at the first, & afterwards reddish turn to be of a blackish purple colour when they are ripe, with small brownish Seed within them, and then yeild a reddish Juyc or Liquor, of a reasonable good scent, somewhat resinous, and of a rash and stiptick taste, as the Leaves also & the Flowers be, although much less, but do not yeild such a clear Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great, hard and Woody, spreading well in the Ground.

Place.] It groweth in many Woods, Groves and woody Grounds, as Parks and Forrests, and by Hedge-sides in many places of this Land, as in Hamsted-Wood; by Ratley in Essex, in the wild of Kent, and in many other places needless to recite.

Time.] It flowreth later than St. John's or St. Peters-wort.

Government and Vertues.] It is an Herb of Saturn, and a most noble Antivenerean. Tutsan purgeth Cholerick Humors as St. Peters-wort is said to do, for therein it worketh the same effect: Choler, Sciaticks, both to help the Sciatica and Gout, and to heal Burn-ca, Gout, Burnings by Fire: It stayeth also the Bleedings of Wounds, if ning, Bleed- either the green Herb be bruised, or the Powder of the dry ings, Wounds, be applied thereto. It hath been accounted and certainly Ulcers.

It is a Sovereign Herb to heal any Wound or Sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balms, Oyls, Oyntments, or any sort of green Wounds, or old Ulcers or Sores, in all which the continual experience of former Ages hath confirmed the use hereof to be admirable good, though it be not so much in use now as when Physitians and Chyrurgions were so wise as to use Herbs more than now they do.

Garden Valerian.

Descript.] **T**HIS hath a thick short grayish Root lying for the most part above Ground, shooting forth on all sides, either such like small pieces

pieces or Roots, which have all of them many long and great Strings or Fibres under them, in the Ground, whereby it draweth nourishment. From the Head of these Roots spring up many green Leaves, which at first are somewhat broad & long, without any Division at all in them, or denting on the edges; but those that rise up after, are more & more divided on each side, some to the Middle Rib, being winged, as made of many Leaves together on a Stalk, & those upon the Stalk in like manner are more divid'd, but smaller towards the top than below; the Stalk riseth to be a yard high or more, sometimes branched at the top with many small whitish Flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white Seed that is easily carried away with the Wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place.] It is generally kept with us in our Gardens.

Time.] It flowreth in June and July, and continueth flowring until the Frost pulls it down.

Government and Virtues.] This also is under the Influence of Mercury. Dioscorides saith, That the Garden Valerian, *Strich*, hath a warming faculty, and that being dried and given to *Term* provokes, drink, it provoketh Urine, and helpeth the Strangury: The *Breasts*, short Decoction thereof taken, doth the like also, and taketh *wind*, *Cough*, away Pains of the Sides, provoketh Womens Courses, and *Flegm*, *Pestilence*, *Wind*. Root given in drink, or the Decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body, whether they proceed of Pains in the Chest or Sides, and taketh them away. The Root of Valerian boyled in Liquorish, Raisins, and Anniseed is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the Passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venomous Creature, being boiled in Wine. It is of especial Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto. It helpeth to expel the Wind in the Belly. The green Herb

with the Root taken fresh, being bruised and applied to the *Head-ach*, *Eyes*, Head, taketh away the pains and Prickings therein, stayeth *Pin and Web*, Rheum and thin Distillations, and being boyled in white *Wounds*, *Splinters*, *Thorns*. Wine, and a drop thereof put into the Eye, taketh away the dimness of the Sight, or any Pin or Web therein: It is of excellent property to heal any inward Sores or Wounds, as also for outward Harts or Wounds, and draweth away Splinters or Thorns out of the Flesh.

Vervain.

Descript.] The common Vervain hath somewhat long and broad Leaves next the Ground, deeply gashed about the edges, and some on deeply dented, or cut all alike, of a blakish green colour on the upper-side

and somewhat gray underneath: The Stalk is square, branched into several parts rising about two foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides one above another, & sometimes two or three together, being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed in small and somewhat long heads: The Root is small and long, but of no use.

Place.] It groweth generally throughout this Land in divers places by the Hedges and Way-sides, and other waste Grounds.

Time.] It flowreth about July, and the Seed is ripe soon after.

Government and Vertues.] This is also an Herb of Venus, and an excellent Herb for the Womb, to strengthen it, and Remedy all the cold griefs of it, as Plantane doth the hot; the Herb bruised and hung about the Neck, helps the Head-ach. Vervain is hot and dry, bitter, opening Obstructions, cleansing, and healing; It helpeth the Yellow Obstructions, Jaundice, the Dropie, and the Gout, the defects of the Cleansing, Heal-Reins and Lungs, and generally all inward Pains and Tor-ing, Yellowments of the Body, the Leaves being boyled and drank. Jaundice, Ve-The same is held to be good against the Biting of Serpents, nomous Beasts, and other Venenous Beasts; and against the Plague and Pestilence, A-both Tertian and Quartan Agues, killeth and expelleth gues, Worms, Worms in the Belly, and causeth a good colour in the Face Cough, shortness and Body, strengtheneth as well as correcteth the Diseases of Breath, Whee-of the Liver and Spleen, is very effectual in all Diseases sing, Stone, Gra-of the Stomach and Lungs, Coughs, shortness of Breath, vel, Reins, Blad-and Wheelings, and is singular good against the Dropie, der, Womb, Drop-to be drunk with some Peony-seed bruised and put thereto, sie, Bleeding, and is no less prevalent for the defects of the Reins and Blad- Wounds, Ulcers, der, to cleanse them of those Humors that ingender the Fistulaes, Head-Stone, and helpeth to break the Stone, and to expel Gra- ach, Frensie, Mor-vel: It consolidateth and healeth also all Wounds both in- phew, Freckles, ward and outward, and stayeth Bleedings, and used with Eyes. some Honey, healeth all old Ulcers and Fistulaes in the Legs or other Parts of the Body; as also those Ulcers that happen in the Mouth; or used with Hogs-Grease, it helpeth the Swellings and Pains of the Secret Parts in Man or Woman, as also for the Piles and Hemorrhoids: Applied with some Oyl of Roses and Vinegar unto the Forehead & Temples, it easeth the inveterate Pains and Ach of the Head, and is good for those that are Frantick. The Leaves bruised, or the Juyce of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away Morpew, Freckles, Fistulaes, and other such like inflammations and Deformities of the Skin in any part of the Body. The Distilled Water of the Herb when it is in his full strength, dropped into the Eyes, cleanseth them from Filins, Clouds or Mists, that darken the Sight, and wonderfully strengtheneth the Optick Nerves: The said Water is very powerful in all the Diseases aforesaid either inward or outward, whether they be old corroding Sores, or green VVounds.

The Vine.

THe Leaves of the English Vine (I do not mean to send you to the *Cannaries* for a Medicine) being boiled, make a good Lotion for sore Mouths; being boiled with Barley Meal into a Pultis, it cools Inflammations of wounds; the dropping of the Vine when 'tis cut in the Sore Mouths, Spring, which Country people call Tears, being boiled into Inflammations, a Syrup with Sugar and taken inwardly, is excellent to stay Womens long- VVomans longings after every thing they see, which is a ing, Stone, Disease many VVomen with Child are subject to. The Deco- Teeth black. ction of Vine Leaves in white wine doth the like: Also the Tears of the Vine drunk, two or three spoonfuls at a time, break the Stone in the Bladder. This is a very good Remedy, and it is discreetly done to kill a Vine to Cure a Man: but the salt of the Leaves is held to be better. The ashes of the burnt Branches will make Teeth that are black as a Cole to be as white as Snow; if you do but every morning rub them with it. It is a most gallant Tree of the Sun very Sympathetical with the Body of Man, and that's the reason, Spirit of Wine is the greatest Cordial among all Vegetables.

Violets.

Both the Tame and the Wild are so well known, that they need no Description.

Time.] The flower until the end of July, but are best in March and the beginning of April.

Government and Vertues.] They are a fine pleasing Plant of Venus, of a mild nature, no way harmful. All the Inflammation, of Venus, of a mild nature, no way harmful. All the Eyes, Womb, Violets are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body, either inwardly or outwardly, as Inflammations in the Eye, Head-ach, Cholera, either inwardly or outwardly, as Inflammations in the Eye, Quinsie, in the Matrix or Fundament, in Imposthumes also, and the Falling sickness, in the Matrix or Fundament, in Imposthumes also, and the Swellings, Swellings to drink the Decoction of the Leaves or Flower Pleurisie, made with Water in Wine, or to apply them Pultis-wise to Flegm, Hoars- the grieved place, it likewise easeth Pains in the Head, ness, Throat, caused through want of sleep; or in any other place arising Back, Reins, of Heat, being applied in the same manner or with Oyl of Bladder, Thirst, Roses. A dram weight of the dried Leaves or Flower of Violets (but the Leaves more strongly) doth purge the Heart.

Body of Cholerick Humors, and asswageth the Heat being taken in a draught of Wine or any other drink: The Powder of the purple Leaves of the Flowers only pickt and dried, and drunk in water is said to help the Quinsie, and the Falling sickness in Children; especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve Swellings. The Herb or Flowers while they are fresh, or the

Flower

Flowers when they are dry, are effectual in the Pleurisie, and all Diseases of the Lungs, to lenifie the sharpness of hot Rheums, and the hoarseness of the Throat, the heat also and sharpness of Urine, and all pains of the Back or Reins, and the Bladder. It is good also for the Liver and the Jaundice and in all hot Agues to cool the heat and quench the thirst: but the Syrup of Violets is of most use, and of Better effect being taken in some convenient Liquor; and if a little of the Juyte or Syrup of Lemmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a Clarret Wine colour, and a fine tart relish, pleasing the taste. Violets taken or made up with honey, do more cleanse and cool, and with Sugar contrariwise. The dried Flowers of Violets are accounted amongst the Cordial Drinks, Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs, to make Plaisters and Pultisses for Inflammations and Swellings, and to ease pains where ever, arising of heat, and for the Piles also being fried with yolks of Eggs, and applied thereto.

Vipers Bugloss.

Descript.] **T**his hath many long rough Leaves lying on the Ground, from among which rise up divers hard round Stalks, very rough as if they were thick set with prickles or hairs, whereon are set such like long rough hairy or prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being white. The Flowers stand at the top of the Stalk, branched forth into many long spiked Leaves of Flowers, bowing or turning like the Turnsole; all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little of a purplish Violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and Withering: but in some places of a paler purple colour, with a long point in the middle, feathered or parted at the top. After the Flowers are fallen, the Seeds growing to be ripe, are blackish cornered and pointed somewhat like unto the head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time, and perisheth in the Winter.

There is another sort little differing from the former, only in that it beareth white Flowers.

Place.] The first groweth wild almost every where. That with white Flowers about the Castle-walls in Lewis in Suffex.

Time.] They flower in Summer, and their Seed is ripe quickly after.

Government and Vertues.] It is a most gallant Herb of the Sun, it is pury it is no more in use than it is. It is an especial Reme-

dy against the biting of the Viper, and all other Venomous Beasts or Serpents, as also against Poyson or Poyson Beasts Poyson, ful Herbs. Dioscorides and others say, That whosoever shall Heart, Sadness, take of the Herb or Root before they be bitten, shall not Melancholy, be hurt by the Poyson of any Serpent. The Root or Seed Agues, Milk.

Government and Vertues.] This also is a Plant of the *Sun*. Let the Fruit of it be gathered accordingly, which you shall find to be of most Vertues whilst they are green before they have shells. The Bark of the Tree doth bind and dry very much, and the Leaves are much of the same temperature: but the Leaves when they are older, are heating *Binds*. and drying in the second degree, and harder of digestion than *Dries*, when they are fresh, which by reason of their sweetness, are *Worms* more pleasing, and better digesting in the Stomach: and taken *Poyson*, with sweet Wine, they move the Belly downwards: but being *Epidemi-* old, they grieve the Stomach: and in hot bodies cause Choler to *cal Disea-* abound, and the Head-ach, and are an enemy to those that have *ses, in-* the Cough: but are less hurtful to those that have a colder Sto- *flammation* mach, and are said to kill the broad Worms in the Belly or sto- *in the* mach. If they be taken with Onions, Salt and Honey, they *Throat* help the biting of a mad Dog, or the Venom, or infectious Poy- *Wounds of* son of any Beast, &c. *Oncus Pompeius* found in the Treasury of *the Sinews* *Mithridates* Kings of Pontus, when he was overthrown, a Scrowl *Gangreens* of his own hand writing, containing a Medicine against any *Carbuncles* Poyson and Infection, which is this: Take two dry Walnuts *Flux,* and as many good Figs, and twenty Leaves of Rheu bruised and *Terms stops* beaten together with two or three corns of Salt, and twenty Ju- *Baldness,* nipers berries which taken every Morning fasting preserveth *Quinsie,* from danger or Poyson and infection that day it is taken. The *Tooth-ach.* Juice of the other green Husks boyed with Honey, is an ex- *Cholick,* cellent Gargle for sore Mouths: the heat and Inflammation in the *Mother* Throat and Stomach. The Kernels when they grow old, are *Wind* more oily, and therefore not so fit to be eaten, but are then used *Agues,* to heal the Wounds of the Sinews, Gangreens, and Carbuncles. *Deafness,* The said Kernels being burned, are then very astringent and will *Ears* then stay Lasks and Womens Courses, being taken in red Wine, and stay the falling of the hair, and make it fair, being anointed with Oyl and Wine. The green husks will do th-like, being used in the same manner. The Kernels beaten with Rue and Wine, being applied, helpeth the *Quiszy*: and bruised with some honey, and applied to the Ears, easeth the pains and Inflammations of them. A piece of the green husks put into a hollow Tooth, easeth the pains. The Catkins hereoftaken before they fall off, dried, and given a dram thereof in Powder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inwardly like Oyl or Almonds to help the Cholick, and to expel wind very effectually; an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak Stomachs, or D-fluxions thereon. The distilled water of the green husks before they be half ripe is of excellent use to cool the heat of Agues being drunk an ounce or two at a time; as also to resist the Infection of the Plague, if some thereof be also applied to the Sores thereof The same

also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith. The distilled water of the green husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by Experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafness, the Noise and other pains in the Ears. The distilled Water of the young green Leaves in the end of May performeth a singular Cure on foul running Ulcers and Sores, to be bathed with wet cloaths or sponges applied to them every morning.

Wold, Weld, or Dyers Weed.

Descript.] *The common kind groweth busbing with many Leaves, long, narrow and flat upon the ground, of a dark blewish green colour, somewhat like unto wood but nothing so large, a little crumpled, and as it were round pointed, which do so abide the first year: and the next spring from among them rise divers round Stalks two or three foot high, beset with many such like Leaves thereon, but smaller and shooting forth some small branches, which with the Stalks carry many small yellow flowers in a long spiked head on the top of them where afterwards come the Seed, which is small and black, inclosed in beads that are divided as the tops into four parts. The Root is long, white and thick, abiding the Winter. The whole herb changeth to be yellow after it hath been in flower a while.*

Place.] It groweth every where by the way-sides, in moist Grounds as well as dry, in corners of Fields and By-Lanes, and some times all over the Field. In *Suffex* and *Kent* they call it Green-weed.

Time.] It is in flower about June.

Goverment and Vertues.] *Mathiolus* saith, That the Root hereof cutteth tough Flegm digesteth raw Flegm, thinneeth gross humours, dissolveth hard Tumours, and openeth Obstructions. Some do highly commend it against the bitings of Venemous Creatures, to be taken inwardly, and applyed outwardly to the hurt place: as also for the Plague or Pestilence. The people in some Countries of this Land, do use to bruise the Herb, and lay it to Cuts or Wounds in the hands or legs to heal them.

Wheat.

ALL the severall kinds hereof are so well known unto almost all people, that it is altogether needless to write any Description thereof.

Goverment and Vertues.] It is under *Venus*. *Dioscorides* saith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat casted upon an Iron Pan; and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth all Tettters and Ring-worms, being used warm, and hereby *Galen* saith

saith, he hath known many to be cured. *Mathiolus* commendeth the same to be put into hollow Ulcers to heal them up and and it is good for Chops in the hands or feet, and to make rugged Skin smooth. The green Corns of Wheat being chewed, and applied to the place bitten by a mad Dog, healeth it. Slices of Wheat-Bread soaked in red Rose-water, and applied to the Eyes that are hot, red and inflamed, or blood-shotten, helpeth them. Hot Bread aplyed for an hour at a time for three days together, perfectly healeth the Kernels in the Throat commonly called the Kings-Evil. The flower of Wheat mixed with the juyce of Henbane, stayeth the flux of humors to the Joynts being laid thereon. The said Meal boyled in Vinegar, helpeth the shrinking of the Sinews, saith *Pliny*; and mixed with Vinegar and boyled together, healeth all Freckles, Spots and Pimples on the Face. Wheat flower mixed with the Yolk of an Egg, Honey and Turpentine, doth draw, cleanse and heal any Boil, Plague-sore, or foul Ulcer. The Bran of Wheat Meal steeped in sharp Vinegar, and then bound in a linnen Cloath, and rubbed on those places that have the Scurf, Morpew, Scabs or Leprosie, will take them away the body being first well purged and prepared. The Decction of the Bran of Wheat or Barley, is of good use to bathe those places that are Bursten by a Rupture: and the said Bran boyled in good Vinegar, and applied to swollen Breasts, helpeth them, and stayeth all Inflammations. It helpeth also the bitings of Vipers (which I take to be no other than our English Adder) and all other Venomous Creatures. That Loaves of Wheat-meal applied with some Salt, taketh away hardness of the Skin, Warts, and hard knots in the flesh. Starch moistned with Rose-water, and laid to the Cods, taketh away their Itching. Wafers put in water and drunk, stayeth the Lask and bloody Flux, and is profitably used both inwardly and outwardly for the Rup ures in Children. Boyled in Water unto a thick Jelly and taken, it stayeth spitting of blood: and boyled with Mipts and Butter, it helpeth the hoarsness of the Throat.

Chops in
the Hands
and Feet,
mad Dogs
Eyes,
Kings
Evil,
Sinews
Pestilence,
Scabs,
Leprosie
Venomous
Beasts,
Cods,
Hoars-
ness.

The Willow-Tree.

These are so well known, that they need no Description: I shall therefore only shew you the Vertues thereof.

Government and Vertues. The Moon owns it. Both the Leaves, Birk, and the Seed, are used to stanch Bleeding of Wounds, and at Mouth and Nose, Spitting of Blood and other Fluxes of Blood in Man or Woman. and to stay Vomiting, and provocation Stanch Bleeding, thereunto, if the Decction of them in Wine be drunk. It stayeth spitting of blood, helpeth also to stay thin, hot, sharp salt distillations from Fuxes of blood the head upon the Lungs causing a Consumption. The Vomiting distil- Leaves bruised with some Pepper, and drunk in wine, much stayeth the wind cholick. The Leaves bruised and boiled in wine and drunk, stayeth the heat of Lust in Man or woman, heat of

Lust, dimness of sight, and other Diseases in the Eyes, clear the Face, dry up Humors, Warts, Corns and superfluous Flesh, Scurf or Dandrif, Feaver. Women, and quite extinguisht it, if it be long used: the Seed is also of the same effect. The Water that is gathered from the Willow when it flowreth, the Bark being slit, and a fitting Vessel to receive it, is very good for redness and dimness of Sight, for Films that grow over the Eyes, and stay the Rheums that fall into them; to provoke Urine being stopped, if it be drunk; to clear the Face and Skin from spots and discolourings. Galen saith, the Flowers have an admirable faculty in drying up humors, being a Medicine without any sharpness or Corrosion. You may boyl them in white Wine, and drink as much as you will (so you drink not your self drunk) The Bark works the same effects, if used in the same manner, and the Tree hath alwayes a Bark upon it, though not alwayes Flowers. The burnt ashes of the Bark being mixed with Vinegar, take away Warts, Corns and superfluous flesh, being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by washing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

Woad.

Descript.] It hath divers large Leaves, long and somewhat broad withal, like to those of the greater Lantane, but larger, thicker, of a greenish colour, and somewhat blew withal. From among which Leaves riseth up a lusty stalk three or four foot high, with divers, Leaves set thereon; the higher the stalk riseth the smaller are the Leaves, at the top it spreadeth into divers branches at the end of which appear very pretty little yellow flowers; and after they pass away like other flowers of the Fields, come Hucks, long and somewhat flat withall; in form they resemble a tongue, in colour they are black, and they hang bobbing downwards. The seed contained within these Bulks (if it be a little chewed) gives an azure colour. The Root is white and long.

Place.] It is sowed in Fields for the benefit of it, where those that sow it cut it three times a year.

Time.] It flowreth in June, but is long after before the Seed is ripe.

Government and Vertues.] It is a cold and dry Plant of Saturn. Some people affirm the Plant to be destructive to Bees, which if it be, I cannot help it. They say it possesseth Bees with the Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures; I should rather think it possesseth them with the contrary Disease, the herb being exceeding drying and binding. However if any Bees be diseased, thereby, the cure is to set Urine by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied, if you put pieces of Cork in it. I told you before the herb was drying and binding, and so drying and binding, that it is not fit to be given inwardly. An Oyntment made thereof stancheth Bleeding. A Plaster made thereof, and applied to the Region of the Spleen and

(and I pray you take notice that the Spleen lies on the left *Bleeding, Spleen,* side) takes away the hardness and pains thereof: The Oynt- *Ulcers, Inflam-* ment is excellent good in such *Ulcers* as abound with moi- *St. An-* sture and takes away the corroding and fretting humors: It *thionies fire. De-* cools *Inflammations,* quencheth *St. Antonies fire,* and stayeth *fluxions of* *Defluxions of Blood* to any part of the Body.

Woodblind, or Honey-suckles.

[T is a Plant so common, that every one that hath Eyes knows them, and he that hath none, cannot read a Description if I should write it.

Time.] They flower in *June,* and the fruit is ripe in *August.*

Government and Vertues.] Doctor *Tradition,* that grand Introducer of Errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reason,* hath taught the common People to use the Leaves of flowers of this Plant in Mouth-waters, and by long continuance of time hath so grounded it in the Brains of the Vulgar, that you cannot beat it out with a beetle: All Mouth-waters ought to be cooling and drying, but Honey Suckles are cleansing, consuming and digesting, and therefore no wayes fit for *In-* *flammations:* Thus Doctor *Reason.* Again, if you please we will leave Doctor *Reason* a while, and come to Doctor *Experience,* a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a Sore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something for God and Nature made nothing in Vain: It is an Herb of *Mercury,* and appropriated to the Lungs; the celestiall Crab Lungs as- claims Dominion over it, neither is it a Foe to the Lion: If *Assted,* the Lungs be afflicted by *Jupiter,* this is your Cure: It is fit- *Asthma,* ting a Conserve made of the Flowers of it, were kept in every *Spleen,* Gentlewomens house: I know no better Cure for an Asthma *Provokes* than this: Besides, it takes away the Evil of the Spleen, provokes *Urine,* and *Urine,* procures speedy delivery to Women in Travel, helps *speedy deli-* *Cramps,* *Convulsions* and Palsies, and whatsoever griefs come *very in* of cold or stopping: If you please to make use of it in an Oynt- *Childbirth,* ment, it will clear your skin of Morpew, Freckles and Sun *Cramps,* burnings, or whatsoever else discolours it, and then the Maids will *Convul-* love it. I have done when I have told you what Authors say, *sons and* and cavilled a little with them: They say, the Flowers *of Palsies* more effect than the Leaves, and that's true: but they say, *and Freckles,* seeds are least effectual of all: but Dr. *Reason* told me, that *and Sun* there was a Vital Spirit in every seed to beget its like; and Dr. *burning-* *Experience* told me, that there was a greater heat in a seed than there was in any other part of a Plant, and withal, that heat was the Mother of Action, and then Judge if old Dr. *Tradition* (who may well honoured for his Age, but not for his goodness) hath not so poisoned the World with Errors before I was born, that it was never well in its wit since, and there is great fear it will dye mad.

Wormwood.

THree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at: And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicum*, *Norbonense*, *Xantonicum*, *Misneule*, and a matter of twenty more, which I shall not blot paper withal. A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth, I am of Opinion, their giving so much Holiness to Herbs, is the reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakest, but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for something, because God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reason? Then thus: The Seeds of the common Wormwood are far more prevalent than the Seed of this to expel Worms in Children, or people of ripe age: Of both some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be fittest for the weak Bodies, (for it is weak enough in all conscience.) Let such as are strong take the common Wormseed, for the others will do but little good. Again, near the Sea many people live, and *Seriphian* grows near them, and therefore is more fitting for these bodies, because nourished by the same Air; and this I had from Dr. *Reason*. In whose Body Dr. *Reason* dwells not, dwells Dr. *Madness*, and he brings in his Brethren, Dr. *Ignorance*, Dr. *Folly*, and Dr. *Sickness*, and these together make way for *Death*, and the latter end of that man is worse than the beginning. Pride was the cause of *Adam's* Fall; Pride begat a Daughter, I do not know the Father of it unless the Devil, but she christned it, and called it *Appetite*, and sent her daughter to taste these Wormwoods, who finding this the last bitter, made the squeamish Wench extol it to the Skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this: It is weakest, therefore fitter for Weak Bodies, and fitter for those Bodies that dwell near it, than those that live far from it: my reason is, The Sea (those that live far from it, know when they come near it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his works, hath by his Eternal Providence planted *Seriphian* by the Sea-side, as a fit Medicine for the Bodies of those that live near it. Lastly, It is known to all that know any thing in the Course of Nature, that the Liver delights in sweet things, if so, it abhors bitter; than if your Liver be weak, it is none of the Wisest courses to plague it with an Enemy. If the Liver be weak, a Consumption follows: Would you know the reason? 'tis this, A man's Flesh is repaired by Blood, by a third Concoction which transmutes Blood into Flesh (as well I said (Concoction) say, if I said (boyling) every Cook would have understood me.) The Liver

makes

makes blood, and if it be weakned that it make not enough, the flesh wasteth; and why must flesh alwayes be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependency upon another; And why did he so? Because himself onely is permanent; to teach us, That we should not fix our affections upon what is transitory, but upon what endures for ever. The result of all is this, If the Liver be weak, and cannot make blood enough (I would have said (Sanguifie) if I had written only to Scholars.) The *Scripbian* which is the weakest of Wormwoods, it is better than the best. I have been Critical enough, if not too much.

Place.] It grows familiarly in England by the Sea-side.

Descrip.] It starts up out of the Earth with many round, woody, hairy stalks from one Root, its height is four foot high, or three at the least. The Leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in similitude like Southernwood, only broader and longer, in taste rather salt than bitter, because it grows so near the salt water: At the Joyns with the leaves towards the tops it bears little yellow flowers. The Root lies deep, and is woody.

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, seeing it grows familiarly in England? It may be it was so called, because 'tis good for a stinking Breath, which the Romans cannot be very free, from, maintaining so many Bawdy houses by authority of his Holiness.

Descrip.] The stalks are slender and shorter than the common Wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the Flowers of a pale yellow colour. it is altogether like the common Wormwood, save only in bigness, for it is smaller; in taste, for 'tis not so bitter; in smell, for it is spicy.

Place.] It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis Natural, but usually nursed up in Gardens for the use of the Apothecaries in London.

Time.] All Wormwoods usually flower in August, a little sooner or later.

Government and Vertues] Will you give me leave to be critical a little? I must take leave: Wormwood is an Herb of Mars and if *Pontanus* say otherwise, he lies besides the Bridge. I prove it thus: What delights in Martial places, is a Martial herb; But Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it) Ergo it is a Martial herb. It is hot and dry in the first Degree, viz. Just as hot as your Blood, and no hotter: Cholera, Venery, Remedies the evils Cholera can inflict on the Body of provokes Urine, can by Sympathy. It helps the evils Venus and the help Subjects, yanton Girl produce by antipathy. And it doth something Swellings, Apoplexies. It cleanseth the Body of Choler (and who perils lost are say Mars doth no good?) It provokes Urine, helps Rel, Jaundice, surfeits,

The English Physitian Enlarged.

Surfeits, Swellings in the Belly; It causeth an Appetite to Meat, because *Mars* rules the attractive faculty in Man: The Sun never thone upon a better Herb for the yellow Jaundice than this is: why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief; this Herb testifies that *Mars* is willing to cure all Diseases he causes; the truth is *Mars* loves no Cowards, nor *Saturn* Fools, nor Ineither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boil this in Rhenish Wine, but put not in the Saffron till

Preserve
Healib,
Terms
Provokes.
Biting of
Rats and
Mice,
Mushromes,
Wheals,
Fushes,
Black and
Blew
Spots,
Quinsie,
Eyes.

it is almost boyled: This is the way to keep a Mansbody in health, appointed by *Camerarius*, in this Book Intituled *Herus Medicus* and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers and make them Physitians (if I knew how) for they are most fitting for the Calling: if you will not believe me, ask Dr. *Hypocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Physitians keeps to vapour with not to follow. In this one herb I shall give the pattern of a Ruler to the Son of Art. rough cast, yet as near the Truth as the men of *Benjamin* could throw a stone; whereby my Brethren of the Society of astrologers may know by a penny how a shilling is coyned: (as for the Colledge of Physitians they are too stately to learn, and too proud to continue:) They say a Mouse is under the Dominion of the *Moon*, and that's the reason they feed in the night: the House of the *Moon* is *Cancer*: (Rats are of the same nature with Mice, but they are little bigger) *Mars* receives

his Fall in *Cancer*, Ergo Wormwood being an herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Fatrix*, or *Arbor*) are under the Dominion of *Saturn* (and take one time for another, they do as much harm as good:) if any have Poysoned himself by eating them, Wormwood an Herb of *Mars* cure him, because *Mars* is exalted in *Capricorn* the house of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Fushes, black and blew spots, coming either by Bruises or Beatings, Wormwood an herb of *Mars* helps, because *Mars* (as bad as you love him, and as ill as you hate him) will not break your head, but he'll give you a Plaster. If he do but teach you to know your selves, his Courtesie is greater than this Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one publick, the other Private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all Diseases in the Throat by his Herbs (of which Wormwood is one) and sends them to

Egypt on an errand never to return more: this by Antipathy. The Eyes are under the Luminaries; the right Eye of a Man, and the left Eye of a Woman, the Sun claims Dominion over: The left Eye of a Man, and the right Eye of a Woman, are the priviledges of the Moon, Wormwood an herb of Mars cures both; what belongs to the Sun by Sympathy, because he is exalted in his House: but what belongs to the Moon by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagine a Walp, a Hornet, a Scorpion, Wormwood an Herb of Mars giveth you present Cure: Then Mars as Biting or Cholerick as he his, hath learned that patience, to pass by your *stinging* by evil speeches of him, and tells you by my Pen, That he gives you *Venomous* no Affliction, but he gives you a Cure; you need not run to *Beasts* Apollo nor *Aesculapius*: and if he were so Cholerick as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those people that can spy his Vices, and not his Virtues. The Eternal God when he made Mars, made him for a publick good, and the Sons of Men shall know it in the latter end of the World, *Et Calum Mars solus habet*. You say Mars is a Destroyer; mix a little Wormwood an Herb of Mars with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a preserver, Astrologers say Mars causeth Scabs and Itch, and the Virgins are angry with him, because when *Venus* told them he deforms their skins: but quoth Mars, my only desire is, they should know themselves; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite *Venus*; for which doth the greatest evil, he that takes away an innate Beauty, and when he had done, knows how to restore it again? or she that teaches a company of Wanton Ladies to paint their Faces? If Mars be in a Virgin, in the Nativity, they say he causes the Cholick 'tis well God hath set some body to pull down the pride of man. He in the Virgin troubles nose with the Cholick, but them that know not themselves for who knows himself, may easily know all the World. Wormwood an Herb of Mars is a present cure for it: and whether it be most like a Christian to love him for his good; or hate him for his evil, judge ye. I had almost forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloaths (I can give them no other title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them, Moaths are under the Dominion of Mars, this Herb Wormwood being laid amongst Cloaths, will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle, a Fly. You say Mars is angry, and 'tis true enough, he is angry with many Countrymen for being such Fools to be led by the Noses by the Colledge of Physicians, as they lead Bears to Paris Garden. Melancholy Men cannot endure to be wronged in Point of good name, and that doth sorely trouble old Saturn because they called him the greatest Infortunat: In the body of Man he rules the Spleen (and That

that makes Covetous men so Splenetick,) The poor old man lies crying out of his left side, Father *Saturn's* angry, *Mars* comes to him.
Spleen. Come Brother, I confess thou art evil spoken of, and so am I; thou knowest I have my exaltation in my House, I give him an herb of mine, Wormwood, to cure the poor man; *Saturn* consented; but spoke but little, and so *Mars* cured him by Sympathy. VVhen *Mars* was free from War (for he loves to be fighting, and is the best friend a Soldier hath) I say, when *Mars* was free from War, he called a Councel of War in his own Brain, how to know he should do poor sinful man good, desiring to forget his abuses in being called an Infortune.) He musters up his own Forces and places them in Battalia; Oh, quoth he, why do I hurt a poor silly Man or VVoman? His angel answers him, 'tis because they have offended their God. (Look back to *Adam*) VVell, sayes *Mars*, though they speak evil of me I'll do good to them; Death's cold, my Herb shall heat them. They are full of ill humors (else they would never have spoken ill of me) my herb shall cleanse them and dry them: They are poor weak Creatures, my herb shall strengthen them; they are dull witted, my herb shall fortifie their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word; Oh the patience of *Mars*.

*Felix qui potuit rerum cognoscere causas,
 Inque totius superum scandere cura fuit.*

*Oh happy he that can the Knowledge gain
 To know th' Eternal God made naught in vain.*

To this, I add,
*I know the reason causeth such a Dearth
 Of Knowledge, 'tis because men love the Earth.*

The other day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox? in the dispute they fell out, and in anger parted & *Mars* told me that his Brother *Saturn* told him, that an Antivenereal
French Pox. Medicine was the best against the Pox. Once a Month he meets with the Moon, *Mars* is quick enough of speech, and the Moon not much behind hand (neither are most Women) The Moon looks much after Children, and Children are much troubled with the worms, she desired a Medicine of him, he had her take his own Herb Wormwood: He had no sooner parted with the Moon, but he met with *Venus*, and she was as drunk as a Bitch; Alas poor *Venus* quoth he, what, thou a fortune and be drunk? I'll give thee an Antipathetical Cure; Take my herb Wormwood, and thou shalt never get a Surfet by drinking. A poor silly Countrey man hath got an Ague and cannot go about his business, he wishes he had not, and so do I, but I'll tell him a Remedy, whereby he may prevent it; Take the Herb of *Mars* Wormwood.

wood, and if infortunes will do good, what will fortunes do? Some say the Lungs are under *Jupiter*; and if the Lungs, then the breath, and yet a man sometimes gets a stinking breath, and yet *Jupiter*, is a Fortune forsooth: up comes *Mars* to him, come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last night, the one from *Aries* and the other from *Scorpio*, give me thy Leave by Sympathy to cure the poor man by drinking a draught of Wormwood-Beer every morning. The *Moon* was weak the other day, and she gave a man two terrible Mischiefs, a dull Brain, and a weak sight, *Mars* layes by his sword and comes to her, Sister *Moon*, saith he, This Man hath anger'd thee, but I beseech thee take notice he is but a Fool, prithee be patient, I will with my Herb Wormwood cure him of both infirmities by an Antipathy, for thou knowest, thou and I cannot agree, with that the *Moon* began to quarrel; *Mars* (not delighting much in Women's tongues) went away, and did it whether she would or no.

He that reads this, and understands what he reads, he hath a Jewel more worth than a Diamond: He that understands it not, is as little fit to give Physick. There lies a Key in these words, which will unlock (if it be turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plainly as I durst: 'tis not only upon Wormwood that I wrote, but upon all Plants, Trees, and Herbs: He that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead; And thus I leave it to the world, not caring a half-penny whether they like or dislike it. The Grave equals all men, and therefore shall equal me with Princes; untill which time the Eternal Providence is over me: Then the ill Tongue of a prattling fellow, or of one who hath more Tongue than Wit, or more Pride than Honesty, shall never trouble me. Wisdom is justified of her Children, And so much for *Wormwood*.

Yarrow, called also Nose-bleed, Milfoyl, and Thousand-leaf

Descript.] It hath many long Leaves spread upon the Ground, and finely cut and divided into many small parts: Its flowers are white, but not all of a whiteness, and stayed in Knots, upon divers green stalks which rise from amongst the leaves.

Place.] It is frequent in all Pastures.

Time.] It flowreth late, even in the later end of August.

Government and Vertues.] It is under the influence of *Venus*. An Oyntment of them cures Wounds, and is most fit for such as have Inflammations, it being an Herb of Dame *Venus*; It stops the Terms in Women being boyled in white Wine and the Decoction drunk, as also the Bloody Flux; the Oyntment of it is not only good for green Wounds, but also for Ulcers and Fistulae, especially such as abound with Moisture. It stayes the shedding of Hair, the Head being bathed with the Decoction of it, in-

Wounds, Inflammations, Terms stops, Bloody Flux, Leadeness, Ulcers, Fistulae, retentive Faculty, Running of the

wardly

Reins, Whites, wardly taken it helps the retentive faculty of the Stomach, *Diabetes,* helps the running of the Reins in Men, and the Whites in Women, and helps such as cannot hold their Water; and the *Tooth-ach.* Leaves chewed in the mouth easeth Tooth-ach; and these Vertues being put together shew the Herb to be drying and binding. *Achille* is supposed to be the first that left the Vertues of this herb to posterity, having learned them of his Master *Chyron* the Centaure; and certainly a very profitable herb it is in the Cramps, and perhaps therefore called *Miliuris*.

DIRECTIONS.

HAVING in divers places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Oynments, &c. of Herbs, Roots, Flowers, &c. wherby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better than worse than my Word.

That this may be done Methodically, I shall divide my directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

Sect. I.

Of gathering, drying and keeping
Simples and
their Juices.

Chap. 1. Of Leaves of
Herb, &c.

Chap. 2. Of Flowers.

Chap. 3. Of Seeds.

Chap. 4. Of Roots

Chap. 5. Of Barks.

Chap. 6. Of Juices.

Sect. 2.

Of making, and keeping
Compounds.

Chap. 1. Of distilled Waters.

Chap. 2. Of Syrups.

Chap. 3. Of Juleps.

Chap. 4. Of Decoctions.

Chap. 5. Of Oyls,

Chap. 6. Of Electuaries.

Chap. 7. Of Conserves.

Chap. 8. Preserves.

Chap. 9. Of Lohocks.

Chap. 10. Of Oynments

Chap. 11. Of Plaisters.

Chap. 12. Of Pultisses.

Chap. 13. Of Troches.

Chap. 14. Of Pills.

Chap. 15. The way of fitting
Medicines to Compound
Diseases.

Of all these in Order.

SEC

SECT. I.

The Way of Gathering, and Preserving Simples
and their Juices.

Chap. 1. Of Leaves of Herbs, or Trees.

OF leaves, choose only such as are green and full of Juice; pick them carefully, and cast away such as are any way declining, for they will putrifie the rest: so shall one handfull be wroth ten of those you buy in *Cheap-side*.

2. Note in what place they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow: so also such Herbs as delight to grow near the Water, let such be gathered as grow near the Water, though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to Seed, are not so good when they are in flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known or through negligence forgotten, you had better take the top and the flowers than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the saying of Physicians is, for if the Sun draw away the Vertues of Herbs, it must need do the like by Hay by the same Rule, which the Experience of every Countrey Farmer will explode for a notable piece of Non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise: Let the Planet that governs the Herb by Angular, and the stronger the better; if they can in Herbs of Saturn, let Saturn be in the Ascendant; in the Herbs of Mars let Mars be in the Mid-heaven, for in those Houses they delight: let the Moon apply to them by good Aspect, and let her not be in the Houses of their Enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity; if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure: for,

First. Such as grow upon dry Grounds will keep better than such as grow on moist.

Secondly. Such Herbs as are full of Juice will not keep so long as such as are drier.

Thirdly

Thirdly. Such Herbs as are well dried, will keep longer then such as are ill dried.

Yet this I say. By this you may know when they are corrupted, viz. By their loss of colour, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

Chap. 2. Of Flowers.

1. **T**HE Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and is to be gathered when it is in his prime.

2. As for the time of gathering them, let the Planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them, that so they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the Fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smell, they are good; either of them being gone, so is their Vertue also.

Chap. 3. Of Seeds.

THE Seed is that part of the plant, which is endued with a Vital Faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place, let them be gathered from the place where they delight to grow.

3. Let them be full ripe where they are gathered, and forget not the Celestial Harmony before mentioned, for I have found by experience that their Vertues are twice as great at such times as others: There is an appointed time for every thing under the Sun.

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not to be so careful of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, they are the best the first year, and this I make appear by a good Argument. They will grow the soonest the first year they be set, therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

Chap. 4. Of Roots.

1. **O**F ROOTS, chuse such as are neither rotten, nor worm eaten, but proper in their taste, colour and smell; such as exceed neither in softness nor hardness.

2. Give me leave to be a little Critical against the vulgar received Opinion, which is. That the sap falls down into the Roots in the Autumn, and rises again in the Spring, as men go bed at night, and rise in the morning; and this idle talk of untruth is so grounded in the Heads, not only of the Vulgar, but also of the learned, that a man cannot drive it out by reason: I pray let such sap-mongers answer me to this Argument. If the sap fall into the Roots in the fall of the Leaf, and ly there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth: but the Root grows not at all in Winter, as the same Experience teacheth, but on y in the Summer. Ergo.

If you set an App^{le} Kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: what doth the sap do in the Root, all that while, pick Strawes? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the Sun declines from the Tropick of Cancer, the sap begins to congeal both in Root and branch, when he toucheth the Tropick of Capricorn, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3. The drier time you gather your Roots in, the better they are: for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-corner upon a firing: as for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small; yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them always near the fire and take this general Rule for it: If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall, especially in the Winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save yourself the Labour.

7. It is in vain to dry such Roots as many commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

Chap. 5. Of Barks.

1. **B**arks which Physitians use in Medicines, are of these sorts: Of Fruits of Roots, of Boughs.

The Bark of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks. or the like, because then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Barks of Roots 'tis this, and thus to be gotten. Take the

Aa

Roots

Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slit them in the Middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.

Chap. 6. Of Juices.

1. Juices are to be pressed out of Herbs when they are young and tender, and also out of some stalks; and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your Herb you would preserve the Juice of, when it is very dry (for otherwise your Juice will not be worth a button) bruise it very well in a Stone Mortar with a wooden Pestle, then having put it into a Canvas bag (the Herb I mean, not the Mortar, for that will yield but little Juice) press it hard in a Press, then take the Juice and clarify it.

3. The manner of clarifying of it is this; put it into a Pipkin or Skillet, or some such thing, and set it over the fire. and when the scum riseth, take it off: let it stand over the fire till no more scum rise, then you have your Juice clarified: Cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold, put it into a Glass, and put so much Oyl on it as will cover it to the thickness of two fingers, the Oyl will swim at top, and so keep the air from coming to putrifie it; when you intend to use it, do no more but so, pour out into a porringer, a little more than you intend to use, and if any Oyl come out with it (as if the Glass be not full, 'tis an hundred to one if there do) you may easily scum it off with a spoon and put the Juice you use not into the Glass again, it will quickly sink under the Oyl, this is the first way.

Secondly, the second way is a little more difficult, and the Juice of fruits is usually preserved this way: When you have clarified the Juice as before, boyl it over the fire till (being cold) it be of the thickness of honey: this is most commonly used for Diseases of the Mouth, and is called *Rob* and *Sapa*. And thus much for the first Section, the second follows.

S E C T. II.

The way of making and keeping all necessary Compounds.

C H A P. I.

Of Distilled Water.

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly; for indeed and in truth, nothing is simple but pure Elements; all

all things else compounded of them : We come now to treat of the artificial Medicines in the front of which (because we must begin somewhere) we shall place distilled Waters, in which consider.

1. Waters are distilled out of Herbs, Flowers, Fruits and Roots.
 2. We treat not of strong Waters, but of cold, as being to act *Galens* part and not *Paracelsus*.
 3. The Herbs ought to be Distilled when they are in their greatest vigor, and so ought the Flowers also.
 4. The vulgar way of Distillation which People use because they know no better, is in a Pewter Still : and although distilled waters are the weakest of all Artificial Medicines, and good for little unless for mixtures of other Medicines : yet this way distilled they are weaker by many Degrees than they would be, were they Distilled in Sand. If I thought it not impossible to teach you the way of Distilling in Sand by writing, I would attempt it.
 5. When you have distilled your Water, put it into a Glass, and having bound the top of it over with a paper pricked full of holes, that so the excrementitious and fiery vapours may exhale (which indeed are they that cause that settling in distilled Waters called the Mother, which corrupts Waters, and might this way be prevented) cover it close, and keep it for your use.
 6. Stopping distilled Waters with a Cork makes them musty, and so will a Paper also if it do but touch the Water, your best way then is to stop them with a Bladder, being first put in Water, and bound over the top of the Glass.
- Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a year : such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

Chap. 2. Of Syrups.

1. **A** Syrup is a Medicine of a Liquid Form, composed of Infusion, Decoction, and Juyce : And 1. For the more grateful taste. 2. For the better keeping of it with a certain quantity of Honey or Sugar hereafter mentioned, boyled to the thickness of new Honey.

2. You see at the first View that this Aphorism divides it self into three Branches, which deserve severally to be treated of : viz.

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juyce.

Of each of these (for your Instructions sake, kind Country-men and Women) I speak a word or two, or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers as soon lose their colour and strength by boyling, as Roses, Violets, Peach-Flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made : Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring Water made boyling hot by the fire, first put your Flowers in a Pewter pot with a cover, then pour the Water to them,

then shutting the Pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach flowers &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Basin, or an Earthen one well glassed, and to every pint of it, add two pound of fine Sugar, which being only melted over the fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction, are usually made of Compounds, yet may any simple Herb be thus converted into Syrup: Take the Herb Root or flower you would make into Syrup, and bruise it a little; then boyl it in a convenient quantity of Spring Water, the more Water you boyl in it, the weaker well it be; a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boyl it till half the Water be consumed then let it stand till it be almost cold, and strain it (being almost cold) through a woollen cloth, letting it run out at leisure without pressing: to every pint of this Decoction add one pound of Sugar, and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a Spoon; scum it all the while it boyls, and when it is sufficiently boyled, whilst it is hot, strain it again through a woollen cloth but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of Juyces are usually made of such herbs as are full of Juice, and indeed they are better made into a Syrup this way, than any other, the Operation is thus, Having beaten the Herb in a Stone Mortar with a wooden Pestle, press out the Juyce, and clarify it as you were taught before in the Juyces, then let the Juyce boyl away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of Sugar, and boyl it to a Syrup, alwayes scumming it, and when it is boyled enough, strain it through a woollen Cloth as we taught you before, and keep it for your use.

3. If you make Syrup of Roots that are any thing hard, as Parsly, Fenel, and Grass roots, &c. When you have bruised them, lay them in steep sometime in that Water which you intend to boyl them in hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or stone pots, and stop them not with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost, and as many Opiaions as there are in this Nation, I suppose there are but few or none of this, only bind a paper about the Mouth.

5. All Syrups, if well made, continue a year with some advantage: yet of all, such as are made by Infusion keep the least while.

Chap. 3. Of *Fuleps*.

1. *Fuleps* were first invented, as I suppose in Arabia, and my reason is, because the word *Fulep* is an Arabick word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted help, or such as are in health, and wanted no money) to quench thirst.

5. Now a days 'tis commonly used.

1. To prepare the Body for Purgation.
2. To open Obstructions and the Pores.
3. To digest tough humors.
4. To qualifie hot distempers. &c.

4. It is thus made (I mean simple Juleps: for I have nothing to say to Compounds here; all Compounds have as many several Ideas as men have Crochets in their Brain) I say simple Juleps are thus made: Take a pint of such distilled Water as conduceth to the Cure of your Distemper, which this Treatise will plentifully furnish you withal, to which add two ounces of Syrup conducing to the same effect (I shall give you rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure. If you love tart things, add ten drops of Oyl of Vitriol to your pint, and shake it together, and it will have a fine gratefull taste.

5. All Juleps are made for present use, and therefore it is in vain so speak of their duration.

Chap. 4 Of Decoctions.

ALL the differences between Decoctions and Syrups made by Decoction is; this: Syrups are made to keep, Decoctions only for present use: for you can hardly keep a Decoction a week any time: if the weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the Cure of the Disease you make them for; in the same manner are they made, as we shewed you in Syrups,

3. Decoctions made with Wine, last longer than such as are made with Water, and if you take your Decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of Water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the Body; as the Stomach, Bowels, Kidneys, passages of Urine, and Bladder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boyl both Roots, Herbs, Flowers, and Seed together, let the Roots boyl a good while first, because they retain their Vertue longest; then the next in order by the same Rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, because their Vertues come sooner out.

7. Such things as by boyling cause sliminess to a Decoction, as Figs, Quince seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up in a Linen rag, as you tie up a Calf's Brains, and so boyl them.

8. Keep all Decoctions in a Glass close stopp'd, and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, the usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the Patient, the Season of the year, the strength of the Medicine, and the quality of the Disease.

Chap. 5. Of Oyls.

1. OYL Olive, which is commonly known by the name of Salad-Oyl, I suppose because it is usually eaten with Salads by them that love it: If it be pressed out of ripe Olive, according to *Galen*, is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compound.

3. Simple Oyls are such as are made of Fruits or Seeds by expression, as Oyl of sweet and bitter Almonds, Linseed and Rape-seed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: Having bruised the Herbs or Flowers you would make your Oyl of, put them in a Earthen Pot, and to two or three handfuls of them pour a pint of Oyl, cover the pot with a Paper, set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and add as many more herbs to the same Oyl, bruise the Herbs (I mean, not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger your Oyl will be: at last when you conceive it strong enough, boyl both Herbs and Oyl together till the Juice be consumed, which you may know by its leaving its blushing, and the Herbs will be crisp. then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for Ointments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl dissolve half an ounce of Turpentine, the heat of the fire will quickly do it: for Oyl it self is offensive to wounds, and the Turpentine qualifies it.

Chap. 6. Of Electuaries.

Physicians make more a Quoit than needs by half about Electuaries. I shall prescribe but one general way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep always Herbs, Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readiness to beat them into Powder when you need them.

∴ Your better way is to keep them whole than beaten: for being beaten they

they are the more subject to lose their strength; because the air soon penetrates them.

3. If they be not dry enough to beat into Powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, Sift them through a fine Tiffany Searce, that so there may be no great pieces found in your Electuary.

5. To one ounce of your Powder add three ounces of clarified Honey: this quantity I hold to be sufficient: I confess Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7. The way to clarify Honey, is to set it over the fire in a convenient vessel till the scum rise, and when the scum is taken off, it is clarified.

8. The usual Dose of Cordial Electuaries, is from half a dram to two drams; of purging Electuaries, from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking of them, is either in the morning fasting and fasting an hour after them; or at night going to Bed, three or four hours after Supper.

Chap. 7. Of Conservees.

1. **T**He way of making Conservees is two fold, one of Herbs and Flowers and the other of Fruits.

2. Conservees of Herbs, and Flowers are thus made: if you make your Conservees of Herbs, as of Scurvy-grass, Wormwood, Rue, and the like, take only the Leaves and tender tops (for you may beat your heart out before you can beat the Stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conservees of Fruits, as of Barberries, Sloes and the like, is thus made. First scall the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter Vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conservees; the way of keeping of them is in Earthen Pots.

5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they are purging) when you please.

6. Of Conservees some keep many years, as Conservees of Roses: others but a year. as Conservees of Borrage, Bugloss, Douslips, and the like.

7. Have a care of the working of some Conservees presently after they are made, look to them once a day, and stir them about; Conservees of Borrage, Bugloss and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conservees are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there

Chap. 8. Of Preserves.

OF preserves are sundry sorts, and the Operations of all being something different, we will handle them all a part.
There are preserved with Sugar.

1. Flowers.
2. Fruit.
3. Roots.
4. Bark.

1. Flowers are but very seldom preserved, I never saw any that I remember, save only Cowslip flowers, and that was a great fashion in *Suffex* when I was a Boy: It is thus done, First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, do so till your Glass be full; then tie it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving Flowers, namely with Vinegar and Salt, as they pickle Capers and Broom-buds, but because I have little skill in it my self I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two ways:

First, boyl them well in the Water, and then pulp them through a sieve as we shewed you before; then with the like quantity of Sugar boyl the Water they were boyled in, into a Syrup, viz. A pound of Sugar to a pint of Liquor; to every pound of this Syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly. Another way to preserve Fruits of this kind, pare of the Rind them cut them in halves and take out the Core; then boyl them in Water till they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the Water with its like weight of Sugar into a Syrup, put the Syrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved: First scrape them very clean, and cleave them from the pith if they have any, for some Roots have not, as *Eringo*, and the like; boyl them in Water till they be soft, as we shewed you before in the Fruits, then boyl the Water you boyled the Roots in, into a Syrup, as we shewed you before then keep the Root whole in the Syrup till you use them.

4. As for Barks we have but few come to our hands to be done, and these, of these few that I can Remember are Oranges, Lemmons, Citrons and the outer Bark of Walnuts which grows without the shell, for the shells themselves would make but Scurvy preserves: These be they I can remember, if there be any more put them into the number.

The way of preserving these is not all one in Authors for some are bitter, Some are hot: such as are bitter, say, Au bers, must be soaked in warm Water;

ter, oftentimes changed till their bitter taste be fled; but I like not this way, and my reason is this, Because I doubt when their bitterness is gone, so is the Vertue also; I shall then prescribe one common way, namely, the same with the former, viz First boyl them whole till they be soft, than make a Syrup with Sugar and the Liquor you boyled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses, or glassed pots.

6. The perserved Flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

7. This Art was plainly and clearly at first invented for delicacy, yet came afterwards to be of excellent use in Physick: For.

First. Hereby Medicines are made pleasant for sick and queasie stomachs which else would loath them.

Secondly. Hereby they are preserved from decaying a long time.

Chap. 9. Of Lohochs.

1. That which the Arabians call *Lobach*, and the Greeks *Eclagma*, the Latins call *Lindus*, and in plain English signifies nothing else, but a thing to be licked up.

2. Their first invention was to prevent and Remedy afflictions of the Breast and Lungs, to cleanse the Lungs of Flegm, and make it fit to be cast out.

3. They are in Body thicker then a syrup, and not so thick as an Electuary.

4. The manner of taking them, is often to take a little with a Liquorish-lick, and let it go down at leisure.

5. They are easily thus made: Make a Decoction of and pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a *Lobach*: If you are molested with tough Flegm, honey is better than Sugar. and if you add a little Vinegar to it, you will do well; if not, I hold Sugar to be better than honey.

6. It is kept in pots, and may be kept a year and longer.

7. It is excellent for roughness of the Wind Pipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Astmaes, Coughs, and distillation of humors.

Chap. 10. Of Oyntment.

1. Various are the wayes of making Oyntments which Authors have left to posterity, which I shall omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this. It is thus done:

Bruse those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfulls of yours bruised herbs add a pound of Hogs-grease tried, or cleansed from the skin, beat them very well together in a Stone Mortar with a wooden pestle, then put it in a Stone-pot (the Herb and Grease I mean,

mean, not the Mortar) cover it with a Paper, and set it either in the Sun; or some other warm place, three, four, or five days, that it may melt, then take it out and boyl it a little, then whilst it is hot, strain it out, pressing it out very hard in a press; to this grease add as many more herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juyce your herbs are, the sooner will your Oyntment be strong; the last time you boyl it, boyl it so long till your herbs be crisp, and the Juyce consumed, then strain it, pressing it hard in a press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in pots, and will last above a year, some above two years.

Chap. 11. *Of Plaisters.*

1. **T**HE Greeks make their Plaisters of divers Simples, and put Metals in most of them, if not in all; for having reduced their Metals into powder, they mixed them with that fatty substance whereof the Rest of the plaister consisted, whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it till it was stiff; then they make it up in Rools, which when they need for use they could melt by fire again.

2. The Arabians made up theirs with Oyl and Fat, which needed not so long boyling.

3. The Greeks Emplisters consisted of these Inredients, Metals, Stones, divers sorts of Earth, Feces, Juyces, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rosin, Gums.

Chap. 12. *Of Pultisses.*

1. **P**ULTISSES are those kinds of things which the Latins call *Cataplasmata*, and our learned Fellows, that if they can read English that's all, call them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of medicine to ripen Sores.

2. They are made of Herbs and Roots fitted for the Disease and Member afflicted, being chopped small, and boyled in Water almost to a jelly, then by adding a little Barley-meal, or meal of Lupines, and a little Oyl, or rough sweet saet, which I hold to be better, spread upon a Cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool Inflammation, to dissolve hardness, to ease the Spleen, to concoct humors, to dissipate swellings.

4. I beseech you take this Caution along with you: use no Pultisses (if you can help it), that are of an healing Nature, before you have first cleansed the body, because they are subject to draw the humors to them from every part of the body.

Chap.

Chap. 13. Of Troches.

THE Latines call them *Placentula*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my *London Dispensatory* been so hellishly Printed; that's all the Kingdom gets by one Stationer Printing another Copies, viz. to plague the Country with false Prints, and disgrace the Author) the Greeks τροχίσκοι κυκλίσκοι and αερίσκοι; they are usually little, round, flat Cakes, or you may make them square if you will.

2. Their first invention was, that powders being so kept, might resist the intermission of air, and so endure pure the longer.

3. Besides, they are the easier carried in the pockets of such as travel: many a Man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be which is most proper, for the Stomach is never cold till a man be dead; in such a case, 'tis better to carry Troches of Wormwood, or Gallanga, in a paper in his pocket, and more convenient by half than to lug a Galli-pot along with him.

4. They are thus made: At night when you go to bed, take two drams of fine Gum-*Tragacanth*, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting for the purpose you would make your Troches for, to it, to cover it, and the next morning you shall find it in such a jelly as Physicians call *Mussilage*: with this you may (with a little pains taking) make a powder into paste, and that paste into little Cakes called Troches.

5. Having made them, dry them well in the Shadow, and keep them in a pot for your use.

Chap. 14. Of Pills.

1. THEY are called *Pilula*, because they resemble little Balls, the Greek call them *Cataporia*.

2. It is the Opinion of Modern Physicians, that this way of making up Medicines, was invented only to deceive the Palate, that so by swallowing them down whole; the bitterness of the Medicine might not be perceived, or at least it might not be insufferable; and indeed most of their pills, though not all, are very bitter.

3. I am of a clean contrary Opinion to this: I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hear-say. The first Invention of pills was to purge the head: now as I told you before, such infirmities as lay near the passages were best removed by Decoctions, because they pass to the grieved part soonest. So here, if the infirmities lie in the Head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humor to them.

4. If I should tell you here a long Tale of Medicines working by Sympathy and Antipathy you would not understand a word of it; they that are set to make Physicians, may find it in the Treatise: All Modern Physicians know

know not what belong to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Musick, but follow the Vulgar road, and call it, a Hidden Quality, because 'tis hidden from the eyes of Dunces; and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudden without Fat.

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar, and a little diligence you may make any Powder into Pills, either with Syrep, or the Jelly I told you of before.

Cap. ult. *The way of mixing Medicines according to the Cause of the Disease, and part of the Body afflicted.*

This being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus.

1. *To the Vulgar.*

2. *To such as study Astrologie, or such as study Physick Astrologically.*

First to the Vulgar: Kind souls: I am sorry it hath been your hard mishap, to have been so long trained in such Ægyptian darkness even darkness which to your sorrows may be felt: The Vulgar road of Physick is not my Practice, and I am therefore the more unfit to give you advice * *Galeus* and I have now published a little * *Rook* which will fully instruct you, not only in the knowledge of your own Bodies, but also in Physick. fit Medicines to remedy each part of it when afflicted; in the mean season take these few Rules to stay your stomachs.

1. With the Disease, regard the Cause, and part of the Body afflicted; for example, Suppose a Woman be subject to miscarry through Wind, thus do:
1. Look *Abortion* in the Table of Diseases, and you shall be directed by that how many Herbs prevent miscarriage.

2. Look *wind* in the same Table, and you shall see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficulty, for sometimes two parts of the body are afflicted with contrary Humors, as sometime, the Liver is afflicted with Choler and Water, as when a man hath both a Dropisie and the yellow Jaundice. and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do.

1. Keep your Head outwardly warm.

2. Accustom your self to smell of hot Herbs.

3. Take a Pill that heats the Head at night going to Bed.

4. In the morning take a Decoction that cools the Liver, for that quickly pass th the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all Diseases; these are enough to let you see so much light as you without Art are able to receive: If I should set you to look upon the Sun, I should dazle your Eyes, and make you blind.

Secondly

Secondly, To such as study Astrologie (who are the only men I know that are fit to study Physick; Physick without Astrologie, being like a Lamp without Oyl) You are the men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you.

1. Fortifie the Body with Herbs of the Nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or an Infortune in this case.

2. Let your Medicine be something Antipathetical to the Lord of the Sixth.

3. Let your Medicine be something of the Nature of the Sign Ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure alwayes fortifie the grieved part of the Body by sympathetical Remedies.

7. Regard the Heart, keep that upon the Wheels, because the Sun is the Fountain of Life, and therefore those universal Remedies, *Aurum potable*, and the philosophers Stone, Cure all Diseases by only fortifying the Heart.

THE

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